

all*you

ISSUE 12, DECEMBER 2015

Enjoy life for less!

GREAT

53
GIFT
IDEAS
ALL
UNDER
\$25

YOUR
HAPPIEST
HOLIDAY
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❄️ **Homemade
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❄️ **Party Outfits
You'll Love**

❄️ **Adorable
DIY Crafts &
Ornaments**

+ MORE!

Chocolate
Snowman
Cookies,
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fun!

P. 47

Simple Dinners
for Busy Nights



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HP 63 Ink Cartridges

World's most preferred printers claim based on worldwide printer marketshare, and HP printer brand awareness, consideration and preference study in 9 markets 2014.

Local printing requires mobile device and printer be on the same network or have a direct wireless connection. Remote printing requires an Internet connection to an HP

¹ web-connected printer. For details on how to print, including whether an app is required, see hp.com/go/mobileprinting.

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Also available at Walmart.com/HP

Available at Walmart 

'TIS THE SEASON FOR CHEESE

Ingredients

- 2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1 pkg. (8 oz.) KRAFT Shredded Sharp Cheddar Cheese
- 1 Tbsp. finely chopped onions
- 1 Tbsp. chopped red bell peppers
- 2 tsp. Worcestershire sauce
- 1 tsp. lemon juice
- Dash ground red pepper (cayenne)
- 1 cup chopped PLANTERS Pecans Toasted

Recipe

- 1) Beat cream cheese and cheddar in small bowl with mixer until blended.
- 2) Add all remaining ingredients except nuts; mix well. Refrigerate several hours.
- 3) Shape into ball; roll in nuts. Serves with RITZ Crackers.



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in NEW 24oz Size

New at Walmart 

GATHERINGS MADE SIMPLE



Antipasto PLATTER

Total Time: 25 minutes // Yield: 10 servings

Ingredients

20 thin, fresh asparagus spears, trimmed to 6-inch lengths (about 1/2 lb.)
 1/4 lb. thinly sliced prosciutto
 1 Tbsp. balsamic vinegar
 2 tsp. olive oil
 1 tsp. spicy brown mustard
 Cracked black pepper
 3/4 lb. thinly sliced peppered turkey breast, Genoa salami or combination
 10 oz. CRACKER BARREL Baby Swiss Cheese, CRACKER BARREL Extra Sharp Cheddar Cheese, Aged Reserve CRACKER BARREL Extra Sharp White Cheddar Cheese or combination, sliced 1/4-inch thick
 40 Keebler® Town House® Original Crackers, Keebler® Toasteds® Buttercrisp Crackers or combination
 1/2 cup assorted mixed olives, drained

Directions

1. Place steamer basket in Dutch oven or large skillet. Add enough water to come just below the bottom of the basket. Bring to boiling. Place asparagus in basket. Reduce heat to medium-low. Steam asparagus, covered, for 4 minutes. Remove asparagus from basket. Immerse in ice water to cool quickly. Drain asparagus. Pat dry with paper towels.
2. Cut prosciutto into ten strips that measure about 5 x 2 inches each. Reserve any remaining prosciutto. Wrap one strip of prosciutto around asparagus spear. Place on serving platter. Repeat with remaining prosciutto strips and asparagus. Whisk together vinegar, oil and mustard. Drizzle over asparagus bundles. Lightly sprinkle with pepper.
3. Cut any reserved prosciutto, turkey slices or Genoa salami into desired sizes. Arrange meat, cheese, crackers and olives beside asparagus bundles on serving platter.



Cracker Barrel

Deliciously Different Cheddar



TIMING IS EVERYTHING

Cheeses should be pulled out of the refrigerator 30 minutes prior to serving to allow them to warm slightly. Cheeses taste best at room temperature.



FULL RANGE FLAVOR

When preparing a cheese tray for company, a selection of at least 3 cheeses is best to provide a good range of flavors.



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THESE ADORABLE
SNOW GLOBES
ARE EASY AND
INEXPENSIVE
TO CREATE



EXCLUSIVE WAYS TO SAVE

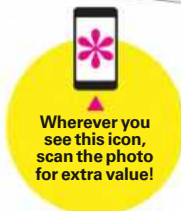
➔ 1 IN PRINT

Use your smartphone to purchase the budget-friendly products in All You and find bargains on groceries. Just scan product photos on specially marked pages to buy the items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how:

DOWNLOAD THE FREE DIGIMARC APP (available at Google Play and iTunes). Launch it, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

IF YOU'VE SCANNED A PRODUCT PHOTO, your browser will open to a page on allyou.com where you can click through to buy the item directly from a retailer.

IF YOU'VE SCANNED A RECIPE PHOTO, your browser will open to our sister site myrecipes.com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



➔ 2 ON MOBILE

Do you read All You on an Android device, an iPad or iPhone or a Kindle Fire? With our Shop Now service, you can buy featured products, compare prices or sign up for price-drop alerts. Just connect to the Web, then tap the pink bar at the top of the screen.

* TAP HERE TO SHOP!



➔ 3 ONLINE

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(p. 89)

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(p. 34)

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(p. 95)

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(p. 91)

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(p. 26)

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(p. 85)

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and \$5 off 42-count
(p. 40)

Sterlingforever.com
20% off
(p. 29)

FIND OUR COVER STORIES



SMILES ALL AROUND!

In this season of giving, why not make a sweet impression by whipping up presents in your kitchen, like the adorable snowman cookies on the cover. For the recipe and more edible-gift ideas, turn to page 47.

COVER PHOTO: JONNY VALIANT, FOOD STYLING: TARA BENCH, PROP STYLING: BLAKE RAMSEY MURRAY



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MAKING this issue

One of the best things about my job is that I get to enjoy the holiday season twice every year. At ALL YOU, we typically start working on the December issue in July. While everyone else is focused on the beach and barbecuing, I'm immersed in glitter and tinsel.

Come December, I'm eager to do it all again. Equipped with the ideas we developed for the magazine, I can approach the season relaxed, confident and ready for fun.

That's how I hope you'll feel after reading this issue. It's packed with ways to make your holiday easier, merrier and more affordable. You'll find recipes for edible gifts (page 47) and ideas for holiday decorations made from ordinary materials, like a paper towel core and cardboard boxes (page 16). And if you need a little inspiration in the gift department, we've got 10 pages of suggestions, starting on page 86.

As much fun as it is to experience the holidays twice, all the food and decorations don't mean much without your family and friends getting into the spirit with you. So as you dive into the season, be sure to make reconnecting with loved ones the main event.

Carole

Carole Nicksin, style director
carole@allyou.com

Thanks to all the readers who helped create this issue



Danielle keeps holiday chaos in perspective.
PAGE 39

Danielle August, 42,
CHESTER, N.Y.

Marla Meridith, 45,
TELLURIDE, COLO.

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Leslie Steiger, 34,
BROOKLYN, N.Y.

Diane Stevens, 61,
DEPTFORD, N.J.

Jill Warshaw, 57,
NEW YORK CITY



An unconventional love story proved a fun read for Mary.
PAGE 14



Leslie shares her thoughts on the ultimate gift.
PAGE 83



Our veterinarian ponders why Diane's cat sneezes.
PAGE 78



Christmas Cheer Over Here!

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Tree trimming



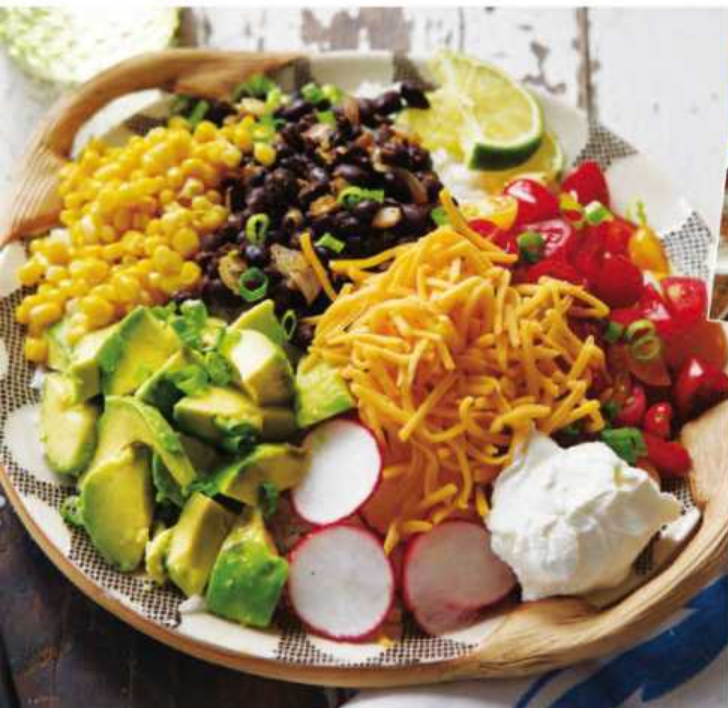
Gift wrapping



Holiday baking



pinterest.com/allyoumag



From the May issue

Find the recipe at allyou.com/veggie-bowls, or get it by scanning the photo at left. (See page 6.)

'I made it!'

VEGETARIAN BURRITO BOWLS

'MY REVIEW'

"I love all the fresh, simple-to-find ingredients in this dish, like avocado, corn, cherry tomatoes and Cheddar cheese. It also would be great for Meatless Monday."

'MY TWEAK'

"I added some onion to the black beans for more flavor, tossed in a pinch of smoky chipotle powder to spice things up a bit and garnished the dish with radish slices."

'MY TIP'

"Experiment with different veggies and pantry items. Have fun with seasonings, too. I think this dish would taste great with a side of smoky ranch dressing."



"This dish is super easy to prepare. Next time I make it, I might boil the rice in vegetable broth instead of water to give it more flavor. My kids are obsessed with basmati rice, so this recipe is definitely a keeper!"

Marla Meridith, 45, Telluride, Colo., marlameridith.com

QUESTION

HOW DO YOU WAKE UP YOUR LOOK IN THE MORNING?



"I use a white eyeliner pencil on my waterline to make my eyes look bigger and more awake."

—Mia Savage, 36, Fall River, Mass., thatssomimi.blogspot.com

"I use a serum on my eyes to reduce puffiness, and I pinch my cheeks to make my face look brighter. I'll also straighten my hair to make it look more managed."

—Stefanie Schmidt, 37, Las Vegas

CHEAP TRICKS



DIY

"Instead of buying a refill of expensive foaming hand soap, make your own by pouring a few tablespoons of your favorite liquid soap into the empty bottle and filling the rest with water. It'll last for weeks!"

—Jen Schmidt, beautyandbedlam.com



CLEANING

"Coffee mug looking a little dingy? Squeeze in half a lemon, let sit for five minutes, then add an ice cube and a spoonful of table salt. Swish around until the stain is gone."

—Kelly Snyder, redefinedmom.com



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Pig Tut



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(see page 6)
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yourtime

5 Things to Do This Month



1 SEE IT! **THE GOOD DINOSAUR**

What if dinosaurs never became extinct? That's the premise behind this visually stunning Disney/Pixar movie. After Arlo (Raymond Ochoa), an adorable young apatosaurus, meets the human boy Spot, they become fast friends. Together they explore the harsh, wondrous world, and Arlo learns to confront his fears. Opens Nov. 25. (Not yet rated)



2 SEE IT! **SISTERS**

Maura and Kate (Amy Poehler and Tina Fey) return home and learn that their parents (Dianne Wiest and James Brolin) are selling the family house. While cleaning out their shared, jam-packed bedroom, Kate decides the best possible way to say goodbye to the house—and for Maura to get over her divorce—is to throw one last epic, high school-style party. Opens Dec. 18. (R)

3

DISPLAY THEM! **TERRARIUM ORNAMENTS**

Add life to your holiday décor with these tiny terrariums by Exotic Angel. Each festive globe contains a tillandsia air plant, great as an ornament on your tree or simply adorning your holiday table.

Joy globe ornaments (4" diameter), \$8 each; at Home Depot.



4 USE IT! **SKIN CARE GIFT BOX**

Fearlessly face the winter wind with the protection of these natural products—nondrying cleanser, moisturizing cream and rose hip oil—which come in a floral cosmetics pouch.

Trilogy Rosapene Discovery kit, \$20; at Whole Foods Market.

5

WATCH IT!

THE WIZ LIVE!

Musicals are back! A 1970s retelling of *The Wizard of Oz* featuring the hit song "Ease on Down the Road," *The Wiz* is the latest to get the live-TV treatment. The cast includes Queen Latifah as the Wiz(ard), David Alan Grier as the Cowardly Lion, Ne-Yo as the Tin Man, Mary J. Blige as Evillene the witch, newcomer Shanice Williams as Dorothy, and Stephanie Mills—who was Dorothy in the 1975 Tony-winning Broadway version—as Auntie Em.

The joyful score will get you dancing in front of your TV. The NBC movie is scheduled to air Dec. 3 at 8 p.m. Eastern time.



Williams



Unwind with a book

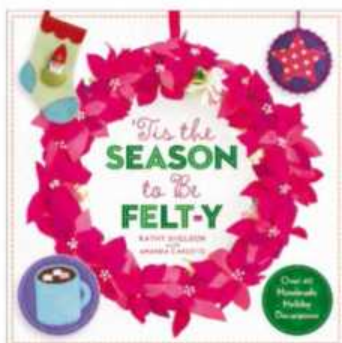
Sneak away with one of these handpicked holiday reads.



NANCY DREW MYSTERY STORIES

BY CAROLYN KEENE

The supersleuth Drew, who has captivated generations of young readers with her talents, is back on the scene. To celebrate the 85th anniversary of the first Nancy Drew book, eight of the original volumes, including *The Hidden Staircase*, *The Secret of the Old Clock* and *The Clue in the Diary*, have been reissued with beautiful, art deco-inspired covers. Whether you buy the books for yourself or give them to your children, Nancy's detective work still has the power to intrigue, and her solid character continues to serve as a role model.



'TIS THE SEASON TO BE FELT-Y

BY KATHY SHELTON AND AMANDA CARESTIO

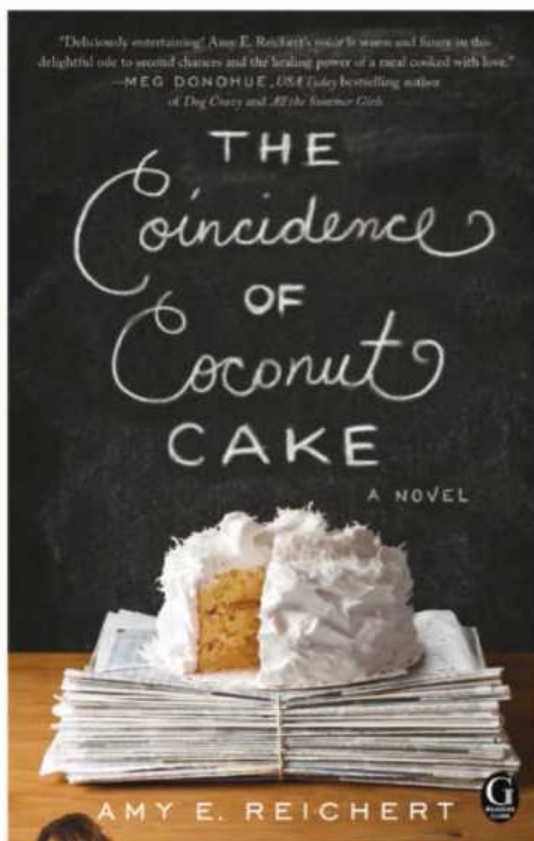
If the holiday season stirs up your creativity, check out this book. Filled with adorable craft projects, plus page after page of colorful photos, it offers inspiration galore for felt ornaments, tree skirts, stockings and other holiday decorations.



CIRCUS MIRANDUS

BY CASSIE BEASLEY

This magical tale tracks the journey of Micah, a boy on an ambitious mission to save his dying grandfather. Micah grew up hearing tales of the mysterious Circus Mirandus, where Grandpa Ephraim was promised a miracle back when he was a child. Now Micah intends to collect on that promise, hoping the miracle will rescue his grandfather.



THE COINCIDENCE OF COCONUT CAKE

BY AMY E. REICHERT

"An unfortunate cake disaster leads to a budding romance of two foodies: Lou, owner of Luella's, a struggling restaurant in Milwaukee, and Al, a cantankerous British gent who writes restaurant reviews. The book takes you on a culinary and scenic tour of the city, as Lou proudly introduces Al to its eclectic sights, sounds and tastes. As Al softens and the friendship grows into love, secrets continue to haunt him and may ultimately doom their relationship. This is a fun read peppered with dashes of humor, dollops of sadness and drizzles of sensuality."

—Mary E. Nicotera, 59, Williamsville, N.Y.



SCAN CIRCUS MIRANDUS TO BUY THE BOOKS ON THIS PAGE. (see page 6) OR VISIT ALLYOU.COM/SHOP-NOW.



2 A.M. AT THE CAT'S PAJAMAS

BY MARIE-HELENE BERTINO

During the eve of Christmas Eve, 9-year-old Madeleine, an aspiring singer, sets out to find the Cat's Pajamas, a legendary Philadelphia jazz club. Still reeling from her mother's recent death, Madeleine has no clue that the next 24 hours will be so eventful. First-time novelist Bertino skillfully intertwines several plotlines, including Madeleine's fifth-grade teacher's search for love, as well as the plight of Lorca, who needs \$30,000 in order to keep the Cat's Pajamas open. Swinging prose and sassy banter propel the story to its unexpected conclusion.



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Deck the Halls

with **Low-Cost Holiday Crafts**

Make this Christmas the prettiest one ever without spending a bundle. You probably already have most of the materials you need to whip up these oh-so-cute decorations

SET THE SCENE

Place a layer of cotton batting on the mantel, then arrange your village. Sprinkle fake snow on top to create a winter wonderland.

TOTAL COST
50¢

TOTAL COST
\$1.96

TOTAL COST
52¢

Twine Trees

STUFF YOU HAVE

- Scissors
- Lightweight cardboard (a flattened cereal box works well)
- Tape
- Plastic wrap
- Waxed paper
- Paintbrush
- Craft glue

STUFF YOU NEED

- Baker's twine, lightweight string or embroidery floss (50 cents; orientaltrading.com)

① Cut a large triangle from cardboard. Bend to form a cone, taping seam closed. Cover cone in plastic wrap using tape to secure.

② Working over waxed paper, unspool several yards of twine; brush glue over twine. Starting at top of cone, wrap twine around cone, crisscrossing as you go, until you reach base of cone. (For a shorter tree, stop wrapping before you reach base of cone.) Let dry for a couple hours, until glue is still slightly sticky to touch.

③ Untape plastic wrap and remove from cone with tree attached. Gently remove plastic wrap from inside of tree.

Box Village

STUFF YOU HAVE

- Lightweight cardboard box (that held cereal, lightbulbs, butter)
- Pencil
- Ruler
- Scissors
- Craft knife
- Paintbrush
- Tape
- Hot-glue gun
- Corrugated cardboard
- Craft glue

STUFF YOU NEED

- Template (download at allyou.com/box-village)
- Acrylic craft paint in white and a color (\$1.39; at Michaels)
- Parchment paper (7 cents; at Walmart)
- Fairy lights (optional)
- Glitter, white or clear (50 cents; at Michaels)
- Fiberfill (optional)
- Battery-operated LED bulb (optional)

❶ Pull apart glued seams of lightweight box and open it flat. Using template as an example, draw a four-sided house in pencil on unprinted side of cardboard (align corners of house with folds in box). Cut out. Draw door and windows, then cut out using craft knife.

❷ Paint unprinted side of cardboard in color of your choosing; let dry. Apply second coat if necessary.

❸ On printed side of cardboard, tape parchment over windows and door.

❹ Fold house into shape, with painted side facing out. Use hot glue to close seams. Optional: Tape a string of fairy lights along roofline on front of house.

❺ Cut corrugated-cardboard roof to fit house, allowing an overhang of $\frac{1}{4}$ " on front and back and $\frac{1}{2}$ " on sides. Paint roof white; let dry. Cover roof with a thin coat of craft glue, then sprinkle with glitter; let dry. Score and fold at center. Attach roof with hot glue.

❻ Optional: Add a chimney. Roll a piece of printer paper into a cylinder; glue seam. Cut one end on an angle. Glue to roof. Fill opening with fiberfill.

❼ Optional: Place house over battery-powered LED bulb.



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TOTAL COST
38¢

Acorn Man and Snowman

STUFF YOU HAVE

- Paintbrush
- Black felt-tip marker
- Orange felt-tip marker (for snowman)
- Cotton swab
- Hot-glue gun
- Acorn cap (for acorn man)

STUFF YOU NEED

- Wood beads: 1" and $\frac{3}{4}$ " for acorn man; $\frac{3}{4}$ " and $\frac{1}{2}$ " for snowman (42 cents for acorn man; 24 cents for snowman; factory directcraft.com)
- Acrylic craft paint: pink and red, green or blue for acorn man; white for snowman (10 cents; at Michaels)
- Red-and-white embroidery floss for snowman (4 cents; everythingcrossstitch.com)

❶ For acorn man: Paint larger bead for body. Draw face on smaller bead with black felt-tip marker. Add rosy cheeks by applying pink paint with cotton swab. For snowman: Paint both beads white. Use black marker to draw eyes and mouth on smaller bead and buttons on larger bead. Use orange felt-tip marker to draw nose.

❷ Glue body and head together. For acorn man, glue on acorn cap. For snowman, twist red-and-white embroidery floss, then wrap around figure's neck. Add an acorn cap to snowman if you like.

Bird Tower

STUFF YOU HAVE

- Scissors
- Toilet-paper or paper-towel core
- Pencil
- Glue stick
- Glue gun

STUFF YOU NEED

- Patterned scrapbook paper (17 cents; orientaltrading.com)
- Wood shred (20 cents; save-on-crafts.com)
- Mushroom bird (99 cents; factorydirectcraft.com)
- Glitter paper (50 cents; at Michaels)

① Cut a U-shaped notch in one end of cardboard core. Cut a piece of scrapbook paper to fit core. Wrap paper around core and trace notch onto back of paper with pencil. Remove paper, cut matching U-shaped notch from paper. Attach paper to core with glue stick.

② Arrange a small bunch of wood shred like a nest; place at bottom of notch. Place bird on top of nest.

③ Cut a circle from glitter paper, about 6" in diameter. Cut circle in half. Roll semicircle into a cone and use glue gun to close seam. Use glue gun to attach cone to top of tower.



Peanut Ornaments

STUFF YOU HAVE

- Peanuts (in shell)
- Sewing needle
- Needle-nose pliers
- Glue gun
- Paintbrush
- Cotton makeup pad
- Felt-tip marker in black
- Red fabric, 2 1/4" square
- Acorn cap

STUFF YOU NEED

- Florist wire (10 cents; at Michaels)
- Pipe cleaners in brown and metallic gold (7 cents; at Michaels)
- 3-millimeter pompoms in black, red and white and 5mm pompoms in red (5 cents; createforless.com)
- Acrylic craft paint in red and white (30 cents; at Michaels)

Reindeer

- ① Pierce each end of a peanut with needle. Fold a length of florist wire in half and insert folded end into top of peanut, gently pushing until it emerges from opposite end. Use pliers to bend both ends into loops.
- ② Fold a brown pipe cleaner into a V shape, then bend each half of V into an antler shape. Glue center of V to back of peanut.
- ③ Glue on black pompom eyes and red 5mm pompom nose.



Santa

① Paint half of a peanut red. Cut a cotton pad into a bib shape and glue to peanut for beard. Glue on red 3mm pompom nose. Draw eyes with felt-tip marker. Wrap square of fabric around head and glue with seam in back. Working from back, pinch fabric into a cone shape and glue. Glue white pompom to tip.

Snowman

① Paint a peanut white. Draw face and buttons. Glue on acorn cap for hat. Wrap gold pipe cleaner around neck for scarf.

Snow Domes

STUFF YOU HAVE

- Paintbrush
- Plastic animal
- Craft glue
- Jar, drinking glass or fishbowl

STUFF YOU NEED

- Acrylic craft paint in white and a bright color (50 cents; at Michaels)
- Gold nail polish (50 cents; amazon.com)
- Air-dry clay (46 cents; amazon.com)
- Birch round (\$2.06; amazon.com)
- Fake snow (86 cents; amazon.com)
- Bottle-brush trees (\$1; factorydirectcraft.com)

① Paint animal with a white base coat; let dry. Paint in a bright color; let dry. Use nail polish to paint accents; let dry.

② Mold a chunk of air-dry clay into a small mound, slightly smaller in diameter than opening of the jar you're planning to use. Brush top of birch round with glue; place clay mound over it. Dust with fake snow.

③ Arrange animal and trees on mound. Glue animal in place. Cover tree bases with clay to hold in place. Apply glue to lip of jar and place it over mound.

TOTAL COST
\$5.38

MAKE MULTIPLES

Save time by working in an assembly-line fashion: Paint several animals at once, then move on to Steps 2 and 3.



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Cardboard Reindeer

- 1 Cut cardboard so you have one piece (with no printing on one side) that folds like a greeting card. Set aside remainder.
- 2 Place template on cardboard so tab on nose touches fold. Trace around. Open cardboard and cut out deer head (don't cut fold, which is where the two heads will be joined).
- 3 Fold cardboard closed and trace around deer head, using deer head that you've just cut as template. Cut out second deer head.
- 4 Fold tab in two places, about 1/2" apart. The tab will look like the spine of a book.
- 5 Lay entire head flat and make a dot just above center of tab. Start a hole where dot is, first with a craft knife, then with a pencil, wooden spoon handle and marker, widening hole until base of ornament fits in snugly.
- 6 Use bone folder to score (on the outside) and fold inward each neck tab.
- 7 Cut chenille pipe cleaners: two 24" pieces and four 6" pieces. Fold over each cut end with pliers to prevent fraying. Curve a long piece into a C shape, then attach two short pieces by twisting them tightly around long piece. Make second antler to resemble first.
- 8 Position antlers inside deer head. Use glue gun to attach.
- 9 Using cardboard you set aside, draw 10"- and 12"-diameter circles (trace around dinner plates or bowls). Cut out. Center smaller circle on larger circle and glue in place. Center an 8" piece of wire on back of plaque near top. Tape each end in place.
- 10 Place head on plaque, with folded neck tabs flat against smaller circle. Use glue gun to attach. Hang decorations around neck if desired.

STUFF YOU HAVE

- Utility knife
- Corrugated-cardboard box, at least 16" x 16" x 16"
- Needle-nose pliers
- Craft knife
- Pencil
- Bone folder or butter knife
- Glue gun
- Dinner plates
- Wire
- Masking tape

STUFF YOU NEED

- Template (download at allyou.com/reindeer-template)
- 2"-diameter unbreakable ornament in red (32 cents; walmart.com)
- Giant chenille pipe cleaners in red (\$1.12; walmart.com)

TOTAL COST
\$1.44



Cheesecake IS ASKING FOR Cookies THIS YEAR

COOKIE BUTTER CHEESECAKE

Prep Time: 30 min. | Total Time: 6 hours 30 min. (incl. refrigerating) | Makes: 16 servings

WHAT YOU NEED

- 1 pkg. (7.7 oz.) European-style cookies for coffee (speculoos cookies), divided
- 4 pkgs. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 3/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 Tbsp. vanilla
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 4 eggs
- 1/4 cup European-style cookie butter (speculoos cookie butter)

MAKE IT

HEAT oven to 325°F. Reserve 6 cookies. Finely crush remaining cookies; press into bottom of 9-inch spring form pan.

BEAT cream cheese, sugars, vanilla and spices in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

CRUSH remaining cookies coarsely; sprinkle over cheesecake just before serving.

MICROWAVE cookie butter in microwaveable bowl on HIGH 30 sec. or until heated through; stir. Drizzle over cheesecake.

THE HOLIDAYS ARE *Made* WITH



Teardrop Ornaments

STUFF YOU HAVE

- Scissors
- Ruler
- Paper clip
- 1/4" hole punch
- Pencil
- Scrap of wood
- Grommet-setting tool and hammer
- Twine, ribbon or fishing line

STUFF YOU NEED

- Lightweight paper (such as printer paper) in white, colors and patterns (17 cents; orientaltrading.com)
- 1/4" grommets (18 cents; walmart.com)

1 Cut 1"-wide strips of paper to the following lengths:

- For small ornament: two 5 1/2", two 4 3/4" and one 4 1/4"
- For medium ornament: two 8", two 6" and one 4 3/4"
- For large ornament: two 8 1/2", two 7 1/2" and one 6 1/2"

2 Arrange strips in this order: long, medium, short, medium, long. Stack neatly with one end flush; hold in place with paper clip while you punch a hole through all five strips, about 3/4" from flush end.

3 Use end of pencil to widen hole slightly. Push tall half of grommet through hole. Place stack on a piece of scrap wood, grommet side down, then place washer (flat) half of grommet on top of hole. Slip base tool under lower half of grommet, and place flaring tool over washer. Pound flaring tool with a hammer until both halves are fastened together.

4 Repeat process on opposite end: Line up ends so they are flush (strips will automatically bend into place) and secure with paper clip while you punch a hole through all five strips. Install grommet, following instructions in Step 3.

5 Make a hanger by threading a piece of twine through a grommet and knotting it.

GIVE THEM SOME SPACE

These pretty ornaments look best when they have plenty of room to dangle and rotate.

TOTAL COST
35¢

TOTAL COST
17¢

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Flower Ornaments

STUFF YOU HAVE

- Scissors
- Ruler
- Stapler
- Scrap of corrugated cardboard
- Paper clip
- Double-sided tape
- Twine, ribbon or fishing line

STUFF YOU NEED

- Lightweight paper (such as printer paper) in white, colors and patterns (17 cents; orientaltrading.com)

1 Cut 11 strips of paper (1" x 8 1/2" for a 4"-wide flower; 1" x 6 1/2" for a 3"-wide flower).

2 Stack strips neatly with ends flush. Hold in place with paper clip while you staple them crosswise at center. If strips are too long for stapler to reach center, place stack on corrugated cardboard, open stapler and staple stack; flip stack over and close staple.

3 Fold stack in half. Put a small piece of double-sided tape at tip of first strip, loop it in toward center and adhere end to base at staple. Repeat for each strip.

4 Make a hanger by threading a piece of twine through a loop and knotting it.

*yourself

QUICK BEAUTY TIPS, STYLE TRENDS AND INSIDER ADVICE TO HELP YOU LOOK AND FEEL GREAT

Oops...

YOU HAVE HAT HAIR

That hand cream in your purse (or in the host's bathroom) can help keep staticky strands under control. Just rub a dime-size dollop into your palms until fully absorbed, then lightly smooth over hair to tame flyaways—without adding grease.

Oops...

YOU CHIPPED YOUR NAIL POLISH

There's no reason to remove all your polish. Instead, disguise the chipped area with a coat of glitter polish. For consistency, brush polish over the same nail on your other hand. To speed up the drying time, hit your digits with a blast of cool air from your blow-dryer.

Oops...

YOUR UPDO IS COMING UNDONE

One loose bobby pin is all it takes for your hairstyle to collapse. To keep things in place, crisscross another pin (ripple-side down) over the first one.

Oops...

YOU WENT OVERBOARD WITH FOUNDATION

Too much cover-up can collect in wrinkles and pores, making them look more prominent. To lift off excess product without ruining your makeup, blot your face with a tissue, starting at your nose and working your way out toward your forehead and chin.

Oops...

YOU FLUBBED YOUR EYELINER

And now it's all over your lid instead of along your lash line. Rather than starting over, dip a Q-tip in makeup remover (olive oil works, too) and use it like an eraser to clean up the line.

Oops...

YOU GOT LIPSTICK ON YOUR TEETH

First, remove the smudge (that's a no-brainer, right?), then blot your lips with a tissue. When you reapply, swipe on color with your mouth closed. For added protection, stick your forefinger in your mouth and pull it out to remove lipstick that might have landed on the inside of your mouth.

Oops...

YOU OD'D ON PERFUME

Try a surprising diffuser: unscented lotion. Slather it onto the areas you over-spritzed to lighten the potency of the fragrance.



Fix BEAUTY BLUNDERS *fast*

Don't let smudged eyeliner or static-crazy hair crash your holiday party. Use these tricks to tackle an uh-oh emergency



123,355

ESTIMATED NUMBER OF **HIGH HEEL-RELATED INJURIES TREATED** BETWEEN 2002 AND 2012. SPARE YOUR SOLES BY SAVING STILETTOS FOR SPECIAL OCCASIONS. *Source:* The Journal of Foot and Ankle Surgery

celebrate in style

We helped these women find a great outfit for every holiday occasion, from trimming the tree to ringing in the new year

OCCASION

gift exchange

NAME Suhaly Bautista-Carolina
AGE 29

"Festive but comfortable" was Suhaly's request for her holiday get-together, and this red dress gets high marks on both counts. Its stretchy underlayer shapes, while the lacy overlay skims her curves. "It's easy to move around in, and I love the sheerness," Suhaly reports. Contrasting shoes in cobalt blue add an unexpected touch and keep the look from going into holiday overdrive.

FAVORITE
PART OF THE
SEASON

"This is prime family time! We blast the music and sing until we lose our voices, then we laugh until we tear up!"

V-neck dress, Jump, \$79; sizes 4-16; simplydresses.com. Earrings, Nicole by Nicole Miller, \$18; jcp.com. Ring set, \$6, sizes 7, 8, 9; burlingtonstores.com. Camilla pumps, \$80, sizes 7W-12W; eloquii.com.

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FAVORITE
PART OF THE
SEASON

"Lighting the menorah each night of Hanukkah. This year will be my first as a married woman, the first in our new house and the first with our new baby. I can't wait!"

OCCASION

open house

NAME Julie Kirschbaum **AGE** 37

With a baby due virtually any minute, Julie was a bit perplexed as to what to wear to her holiday shindig. Rather than choosing a dress and heels, we helped her flaunt her soon-to-be-a-mom status in this tuxedo-inspired ensemble. The combination of a long vest with satin lapels, pants with faux-leather panels and a white T-shirt has panache but is easy to wear. For a more formal look, swap the T for a tie-neck blouse. Slip-on sneakers with silver sequins play up the rock-star vibe. "This is something I never would have picked on my own, and I love it!" Julie says.

Ponte satin vest, Rachel Zoe, \$128, sizes XS-L, V-neck side-ruched maternity T-shirt, \$45, sizes XS-L, and Fit Belly faux-leather maternity pants, \$78, sizes S-L; apeainthepod.com. Brinley necklace, \$84; moonandlola.com. Bracelet set, \$6; burlingtonstores.com. Double Decker leather sequined shoes, \$70, sizes 5-11; keds.com.



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OCCASION

cocktail party

NAME Lara Eurdolian **AGE** 32

Whether you're the hostess or a guest, a jumpsuit offers a fun alternative to the little black dress. "I like the balance," Lara says. "I'm covered on the bottom, but my shoulders and arms are bare." Should she want a little more warmth, a faux-fur boa or a bolero would do the job while amping up the outfit's overall festiveness. Sleek gold accents keep the look sophisticated.

**FAVORITE
PART OF THE
SEASON**

"Going home to Boston and spending time with my family. We have parties that we go to every year, and it's great seeing relatives and old friends."

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Jumpsuit, Worthington, \$80, sizes 4-18; jcp.com. Skinny belt, \$15, sizes S-XL; chadwicks.com. Star cuff, \$30; avmaxnyc.com. Classic crystal stud cuff, \$24, and spiked open-ended cuff, \$45; sterlingforever.com. Cherie heels, \$89, sizes 6-11; ninashoes.com.

FAVORITE
PART OF THE
SEASON

"Buying presents for the grandbabies. The only reason I still work is so that I have extra money to spoil them!"

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OCCASION

office party

NAME Roxanne Kressley **AGE** 52

Finding an outfit that takes you from day to evening can be a tough trick to pull off. A wine-colored shell with an embellished neckline makes these basic black separates party-ready but is still professional enough for the office. "I love the slight shine of the dotted pattern and the way the skirt flares," Roxanne says. A tiny bit of back-combing perks up her coif and signals that she's ready to rock.

Jacket, \$40, sizes S–L; amclubwear.com. Jewel-trim top, \$19, sizes S–L; shoppriceless.com. Skirt, Elle, \$54, sizes 2–16; kohls.com. Frozen Wonderland earrings, Danielle Nicole, \$35; macys.com. Double-wire bangle, \$80; sterlingforever.com. Refresh pumps, \$79, sizes 6–11; ninashoes.com.

FAVORITE
PART OF THE
SEASON

"I look forward to watching my son Cooper open his gifts. He's 4, and his happiness makes me happy."



OCCASION

tree-trimming party

NAME Kimberly King **AGE** 40

If you're spending an evening draping garland and hanging ornaments, you definitely need an outfit that allows you to move around freely. A basic pair of skinny black jeans with plenty of stretch is a good place to start, and a navy sequined capelet provides the requisite element of bling while allowing Kimberly to easily reach upper boughs. "I choose comfort over everything," says Kimberly, who enthusiastically approves of this combo. With a top so eye-catching, keep the jewelry minimal—a simple cuff and hoop earrings are all you need.

Sequined capelet, VT Luxe, \$68, sizes XS–3X; qvc.com. Dark-wash jeans, \$17, sizes 4–14; burlingtonstores.com. Hoop earrings, \$20; tjmaxx.com. Aria cuff, \$89; stelladot.com. Adriana pumps, \$79, sizes 5½–11, 12; ninemwest.com.



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FAVORITE
PART OF THE
SEASON

"I love New Year's Eve! When the countdown starts, I get emotional and very grateful for my family and all the good things in my life. At midnight, I'll be kissing my guy and hugging my kids."

It's Meant to Bead dress, Frock and Frill, \$160, U.K. sizes 6–16; modcloth.com. Darina earrings, \$46; ninashoes.com. Adele laser-cut booties, \$100, sizes 7W–12W; eloquii.com.

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OCCASION

new year's eve

NAME Melissa Rosa **AGE** 34

"What girl doesn't want to stand out on New Year's Eve?" Melissa says. With so much competition for the spotlight, nothing short of a showstopping dress will do. This burgundy number fits the bill: The fitted bodice of the chiffon overlay is embossed with colorful sequins and beads, providing plenty of sparkle and shine. And when Melissa hits the dance floor, the slight flare of her skirt will let it shimmy while she shakes. Booties with a cut-out design lend a sassy flourish.



Tate clutch, \$40; justfab.com.



Bracelets, \$45 for set of 3; avmaxnyc.com.

more great ways to celebrate in style



Slip-on sneakers, \$25, sizes 6–10; oldnavy.com.



Metallic dress, \$30, sizes S–L; amicclubwear.com.



Sequined dress, \$30, sizes XS–XL; at T.J.Maxx.



Quilted cross-body bag, Candie's, \$30; kohls.com.



Infinity scarf, Mixit, \$28; jcp.com.



Necklace-and-earrings set, \$34; artisangemsboutique.com.



Top, \$17, sizes S–XL; burlingtonstores.com.



Sequined-collar top, Olsenboye, \$46, sizes XS–XL; jcp.com.



Hematite earrings, Simply Vera/Vera Wang, \$18; kohls.com.



Fedora, \$8, one size fits most; burlingtonstores.com.



style tip

Green tips add a seasonal touch to Lara's coif. Get the look by spritzing the ends of your hair with rinsable dye.



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“I WILL LIGHT UP EVERY ROOM
I WALK INTO.”



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style tip

An up-do makes any outfit more festive. Suhaly's hair is piled high on top, with some stray wisps for a messy-chic look.

Divergent linear earrings, Danielle Nicole, \$45; hsn.com.



Beanies, \$15 each; oldnavy.com.



more great ways to
celebrate in style



Pin-tuck peasant blouse, LC Lauren Conrad, \$44, sizes XS-XL; kohls.com.



Sequined dress, \$25, sizes S-L; amclubwear.com.

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Forette heels, \$40, sizes 5½-11; justfab.com.



Lace dress, Mystic Downtown, \$49, sizes S-L; simplydresses.com.

Sparkle-toe flats, Apt. 9, \$50, sizes 5-10; kohls.com.



Necklace, Monet, \$42; jcp.com.



Leave Me Breathless wrap skirt, \$43, sizes S-L; lulus.com.



Lamarie clutch, \$48; ninashoes.com.

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Skinny suede belt, \$48, sizes XXS-XXL; whbm.com.



Cuff, \$40; avmaxnyc.com.



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PERK UP YOUR POST-PARTY SKIN

Holiday parties are fun. Next-day skin hangovers? Not so much. Derms say the No. 1 reason you wake up looking dull the day after is dehydration, which shows all over the face. To prevent that parched look, start by drinking a large glass of water as soon as you wake up. That helps hydrate you from the inside out. Then, after washing your face, slather on a rich cream and let it sink into your skin. Instead of your usual foundation, try tinted moisturizer for an extra shot of hydration. (Applying foundation to dry skin can lead to a caked-on look.) Choose a cream blush or bronzer over powder versions, too. The dash of color and dewy consistency can instantly refresh your complexion.



EDITORS'
PICK

Two scents' worth

Remember those *his* and *hers* matching bath towels? Think of these fragrances as a more sophisticated version of that kitschy trend. Avon Attraction for Him and Her are two scents—the former, woody and smoky, with cardamom and gingerroot; the latter, warm and sweet, with blackberry and vanilla notes—that share a musk accord (balanced blend of notes), so they complement each other well. Avon goes so far as to say that when couples wear them at the same time, they're more attracted to each other. Buy one for yourself and one for your guy, or pick up a set for friends who just got married.

\$30 each (men's: 75ml; women's: 50ml); avon.com.



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Mirror, mirror on the phone

NOTE TO SELF: There's an easier way to check your teeth for spinach or—oops!—migrating lipstick than by running to the restroom. With the Super HD mirror screen protector (\$10–\$20; glamscreen.com), you can simply check your phone. The plastic screen protector transforms your phone's dark screen to a high-quality mirror when it's not in use (and it doesn't obstruct the screen while it is). No more makeup fixes with your phone in selfie mode!

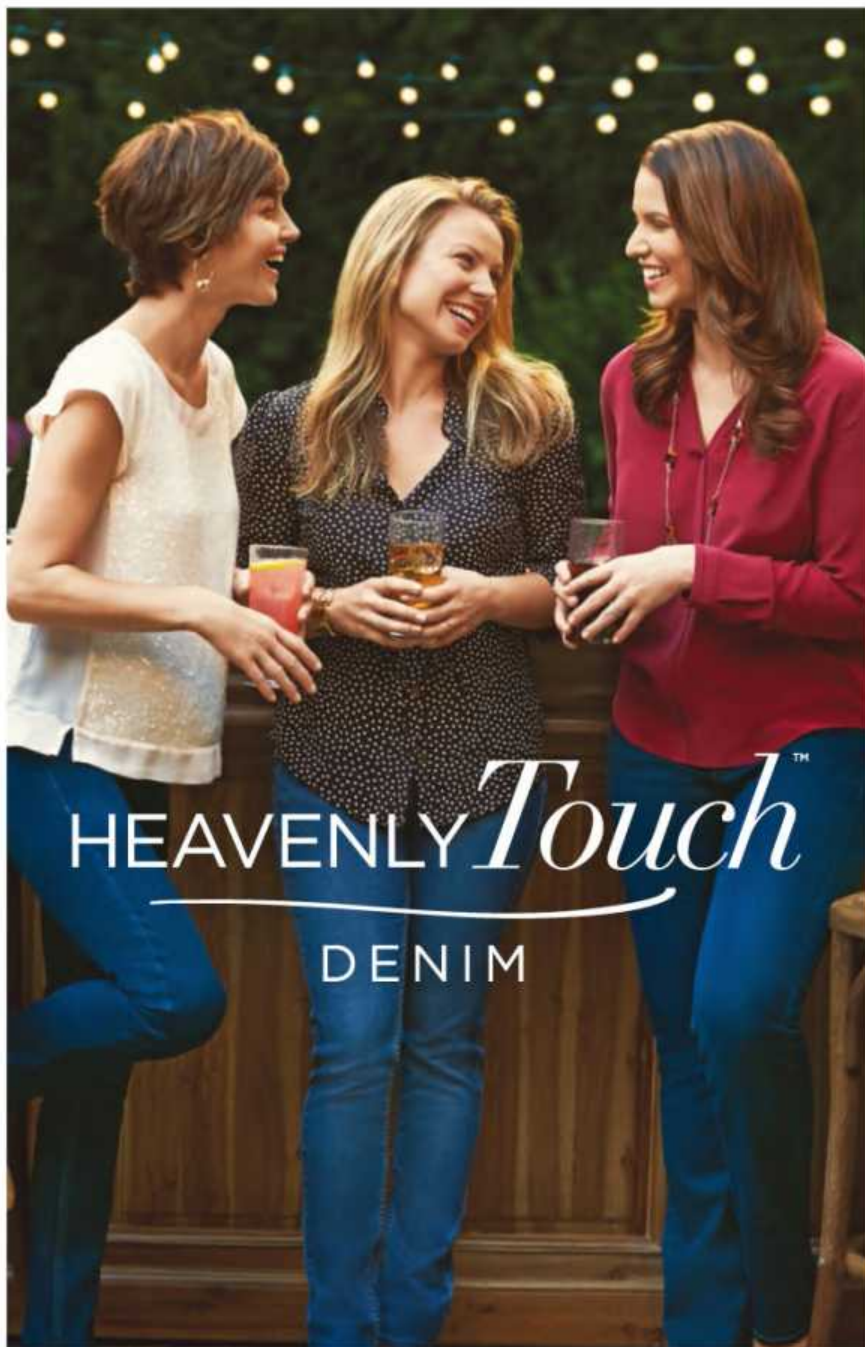
61%

The percentage of American women who clean their makeup brushes less than once per month or not at all. Remember, the cleaner your bristles, the better your results. De-gunk, ladies!

Source: Anisa International



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*yourhealth

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

BEING A LITTLE MESSY CAN... EASE STRESS

You're already swamped this time of year; trying to be diligent about keeping a squeaky-clean house just adds to that tension.

Research shows again and again just how much stress can affect your body, including your heart. Simply finding one way to ease up can provide needed relief.

BEING A LITTLE MESSY CAN... EDUCATE YOUR IMMUNE SYSTEM

It's wise to interact with bacteria on a regular basis rather than disinfect every inch of your house. Coming in contact with some grime helps your body get acquainted with germs, teaching your microbiome to recognize good and bad bacteria—so it better knows what to let thrive and what to fight.

BEING A LITTLE MESSY CAN... PREVENT ALLERGIES

True, forgoing mopping isn't a magic bullet for your child's allergies, but it's not necessarily bad for them. One study in *The New England Journal of Medicine* found that children who grow up on a farm are actually less likely to have asthma and allergies. We're not saying let your home be a pigpen, but if your kids track in a bit of dirt, it's not the end of the world.

Sources: Robynne Chutkan, MD, founder of the Digestive Center for Women in Chevy Chase, Md.; Minu George, MD, interim chief of general pediatrics at Cohen Children's Medical Center in New Hyde Park, N.Y.; Manish Ramesh, MD, allergy specialist at Montefiore Westchester Faculty Practice in Scarsdale, N.Y.

BEING A LITTLE MESSY CAN... ENCOURAGE CREATIVITY

Most parents will agree—children are messy. In fact, it's developmentally normal for babies to throw things on the floor or for toddlers to spread out all their blocks on the carpet.

Being uptight about having an orderly home can create constant battles with children and even stifle their imagination.



Go Ahead, Have a

MESSY HOUSE!

You might think a spotless space is better for you, but a little untidiness comes with its own set of health benefits, for you and your family

* DON'T MAKE YOUR BED (REALLY!)

DUST MITES, A TRIGGER FOR INDOOR ALLERGIES, LOVE DAMP SPACES (LIKE YOUR JUST-SLEPT-IN LINENS). LETTING THE SUN SHINE ON YOUR SHEETS (OR SIMPLY AIRING THEM OUT DURING THE DAY) CAN DRY THEM, MAKING YOUR BED A LESS HOSPITABLE ENVIRONMENT.

YOU SAID IT *"During the holidays, I try to be as proactive as possible so I don't get stressed out. I wrap gifts as I buy them, and I clean a little bit each day. But I also try not to be hard on myself if it gets chaotic. My family and friends are coming to see me, not judge if I have a little dust and pet hair floating around."* —Danielle August, 42, Chester, N.Y.

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DESSERTS for ~~Diabetics~~ *everyone*

Whether you have diabetes or are just trying to consume less sugar, here's how to choose your sweets wisely, without missing any of the fun

NEWS FLASH: It's not just people with diabetes who need to cut back on sweets and refined, heavily processed carbohydrates. The whole country is consuming way too much sugar (estimates put it at more than 75 pounds a year per person). And diets chock-full of sugar increase a person's risk of dying of heart disease, even if she isn't overweight, a study published last year in *JAMA Internal Medicine* found. But you don't have to turn down every

freshly baked reindeer cookie or pass on the pumpkin pie. Nutritionists agree that you can enjoy an indulgence here and there as long as you're smart about it. Read on for tips on picking and choosing your splurges this holiday season, plus ideas for strategic swaps that can satisfy your sweet tooth without putting you into sugar overload.

By Leslie Barrie

AMERICAN WOMEN
EAT AN AVERAGE OF
15 TEASPOONS OF ADDED
SUGAR PER DAY.
THE IDEAL? LESS THAN
6 TEASPOONS.

Carbs really count

IF YOU HAVE DIABETES, your doctor probably gave you a range of how many carbohydrates you should stick to at breakfast, lunch and dinner—for many people, that's 45 to 60 grams per meal, according to the American Diabetes Association. Don't forget to factor your dessert into the meal's total, and make adjustments accordingly.

SMART HOLIDAY SWEETS STRATEGIES

Remember these rules before you reach for a treat.

1 Give yourself a little wiggle room.

If you know your son is bringing you a gingerbread cookie he decorated at school, and you're looking forward to it, then tweak what you eat at lunch or dinner to accommodate that—skip the mashed potatoes, for example. Just remember: You're eating the treat because it's special. You shouldn't make a habit of swapping nutrient-rich carbs such as potatoes for sugar-laden sweets.



2 Take bites, not slices. The trend these days with desserts is petite anyway, so choose something tiny when possible—think a miniature tart or a three-bite mousse parfait. (The big struggle? Sticking to just one!)

3 Swap ingredients when you can.

Making marshmallow crispy treats for your holiday party? Substitute crisped brown rice or another whole-grain cereal that's high in fiber (the treats will still taste good!). Do the same when you're making a holiday party mix. Use dark chocolate instead of milk chocolate—it's typically lower in sugar and has flavonoids that might help your heart. Also, look for brownie and cupcake recipes that feature mashed avocado instead of butter, providing a dose of heart-healthy monounsaturated fatty acids in place of saturated fat.



Choose a better bite

Sure, there are times when nothing but pecan pie will do—and that's fine, as long as you stick to a tiny serving. But other times all you want is a little something to satisfy your sweet craving. Try substituting one of these treats, which are delicious but easier to make work with your diet.

ENJOY:

2 strawberries + 1 Tbsp. dark chocolate
78 Cal., 11g Carb. (9g sugar)

Instead of:

1 slice cheesecake + 2 Tbsp. strawberry glaze
610 Cal., 65g Carb. (56g sugar)

SAVE: 532 Cal., 54g Carb. (47g sugar)

ENJOY:

A 5.3-oz. container of vanilla Greek yogurt
+ 2 tsp. cacao nibs
160 Cal., 18g Carb. (13g sugar)

Instead of:

½ cup peppermint ice cream + 1 crushed
peppermint candy cane
195 Cal., 33g Carb. (27g sugar)

SAVE: 35 Cal., 15g Carb. (14g sugar)

ENJOY:

1 baked apple + ¼ tsp. cinnamon
97 Cal., 26g Carb. (19g sugar)

Instead of:

1 slice apple pie
330 Cal., 57g Carb. (32g sugar)

SAVE: 233 Cal., 31g Carb. (13g sugar)



PEPPERMINT MOCHA: COURTESY OF STARBUCKS

RETHINK YOUR DRINKS

Do you like to enjoy a festive coffee or boozy drink around sip—just be sure to treat it as...well, a treat—and factor the

SIP THIS

Starbucks Skinny
peppermint mocha
(grande) without
whipped cream; made
with nonfat milk
130 Cal., 17g Carb. (13g sugar)

SKIP THIS

Starbucks peppermint
mocha (grande) with
whipped cream; made
with 2 percent milk
440 Cal., 63g Carb. (54g sugar)
You save: 310 Cal.,
46g Carb. (41g sugar)



SIP THIS

Store-bought
almond-milk nog
(1 cup)
100 Cal., 18g Carb.
(16g sugar)

SKIP THIS

Store-bought
eggnog (1 cup)
280 Cal., 46g Carb.
(44g sugar)
You save:
180 Cal.,
28g Carb.
(28g sugar)



CHOOSE
NATURAL
SOURCES
OF SUGAR,
LIKE FRUIT
AND DAIRY,
RATHER
THAN
ADDED
SUGARS.

YOUR NEW HOLIDAY FAVORITES

For a healthier take on classic desserts, whip up these more nutritious sweets, and reap the health benefits—without a sugar overload.



◀ Instead of pumpkin pie with whipped cream, eat... ▶

½ cup pumpkin puree + 1 egg + cinnamon + ¼ tsp. vanilla + a pinch or 2 of brown sugar

• Mix together, bake at 350° until the pumpkin doesn't wobble. Skip the crust—it's not the best part anyway!—and spend your carbs on the pumpkin.



◀ Instead of a pear tart, eat... ▶

½ poached pear + ¼ cup ricotta + cinnamon + sliced almonds

• Poach a pear, slice it in half and core it, then add the ricotta and almonds (for protein) and a sprinkle of cinnamon.



◀ Instead of crème brûlée, eat... ▶

¼ cup chia seeds + ½ cup coconut milk + cinnamon + drizzle of honey

• Mix seeds, coconut milk and cinnamon; refrigerate. Add honey when you're ready to eat. You get fiber and essential fats, plus a creamy texture.



the holidays? You can have your carbs into your total for a meal.

SIP THIS

A glass of red wine (5 oz.)
125 Cal., 4g Carb.
(1g sugar)

SKIP THIS

A glass of mulled wine (5 oz.)
151 Cal., 22g Carb.
(18g sugar)

You save:

26 Cal.,
18g Carb.
(17g sugar)



Surprising dessert bombs

These sweets aren't necessarily off the table for people with diabetes, but it's worth noting their high carb totals. Proceed with caution!

SWEET POTATO CASSEROLE

430 Cal., 79g Carb. (55g sugar)
per serving

Remember:

It's considered a side dish, but if you opt for a scoop, you probably won't have room for dessert.



COFFEE CAKE

390 Cal., 57g Carb.
(31g sugar) per serving

Remember:

Pastries at breakfast do count as dessert.



CAKE POPS

180 Cal., 25g Carb.
(20g sugar) each

Remember:

They look so little and harmless, but just a single pop is a sugar doozy. Stick to one—and savor it.



Feel Confident & Beautiful

Sensitive bladder? Get ready to laugh a little louder and dance a little longer, with Always Discreet bladder leak protection. Here are some of our favorite reviews from ALL YOU Reality Checkers who've tried Always Discreet liners, pads, and underwear.*



So bladder leaks can feel like no big deal.

always
discreet

“Always Discreet liners, pads and underwear definitely made me feel less self-conscious and less worried about accidents.”

– Faith K.,
Madisonville, KY

“I feel like I can wear all of my clothes again and am free to attend more social events.”

– Rachel H.,
Weedsport, NY

“The pads gave me the confidence that I needed to start wearing my yoga pants and to start trying the art of yoga. I love it!”

– Marsha R.,
Chatsworth, GA

“The underwear made me feel very confident and like I was simply wearing plain underwear. I could be very active in them!”

– Sheila B., Rutledge, TN

*Reviewers received free product from the manufacturer.

LAUGH ATTACK? DON'T HOLD BACK.

(we make bladder leaks feel like no big deal)

Our pads
are drier
than Poise
pads!



Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need.**

Get laugh-all-you-want protection, with Always Discreet. Because hey, pee happens. For coupons and your free sample,[†] go to alwaydiscreet.com.



So bladder leaks can feel like no big deal. *always*
discreet

*vs. Poise. Per external P&G study. **based on average U.S. consumer usage. †while supplies last.



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TAKE YOUR
TRADITIONS
TO-GO



Bring those tasty treats wherever you
go with Rubbermaid® Food Storage
in limited edition holiday colors

**Find at your local
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Edible Gifts

Make these fantastic snacks, treats and eats in your own kitchen—then package the goodies to hand out all season long



Christmas cookies just got even cuter!



SCAN
THIS PHOTO
TO BUY THE
CRAFT ITEMS
IN THIS STORY
(see page 6)
OR VISIT
[ALLYOU.COM/
SHOP-NOW](http://ALLYOU.COM/SHOP-NOW).

>> MAKE THEM

HANDS-ON 10 min. / **TOTAL** 40 min.
YIELDS 24 chocolate-covered spoons

12 oz. chocolate melts

Toppings such as crushed peppermint, mini M&M's, peanut butter chips, toffee bits, Red Hots and sea salt

24 plastic spoons

Place chocolate melts in a medium microwave-safe bowl. Microwave on high for 1 minute. Stir and microwave for 30-second intervals until melted and smooth. Spoon chocolate into ice cube trays using about 1 Tbsp. in each of 24 squares. Decorate with toppings and insert spoon into each square. Refrigerate until completely set, about 30 minutes, and gently remove from the cube tray.

Hot-Chocolate Spoons

23¢
PER SPOON



>> GIVE THEM

Add a washi-tape flag to handles. Place each spoon in a flat cellophane bag (we also used a cardboard insert for stability) and tie with kitchen twine or ribbon. Include directions on the tag: "Stir chocolate spoon into 8 oz. hot milk."

Gusseted cello bags
(2½" W x 2" D x 6" H),
\$7 for 100;
papermart.com.

Cello bag cardboard
inserts (2½" x 2"),
\$4 for 100;
papermart.com.



marshmallow-Krispie Christmas Trees

77¢
PER TREE



>>GIVE THEM

Using pieces of cellophane (or cellophane bags), wrap each tree individually and tie with ribbon or twine.



SCAN
EACH GIFT
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS
(see page 6).

>>MAKE THEM HANDS-ON 45 min. / TOTAL 3 hr. 30 min. / YIELDS 12 trees

- 4 Tbsp. (½ stick) unsalted butter
- 1 10-oz. bag marshmallows
- 6 cups Rice Krispies
- Green food coloring
- 1 16-oz. can vanilla frosting
- Mini M&M's
- 6 yellow gumdrops
- 12 Rolos

- ❶ Melt butter and marshmallows in a large saucepan over medium heat, stirring. Remove from heat and stir in Rice Krispies and 15 drops green food coloring.
- ❷ Line a baking sheet with parchment; grease hands with oil. Form 12 small cone shapes, using about ½ cup mixture for each. Let cool on baking sheet, about 15 minutes.
- ❸ Pipe frosting on 1 tree to create string for lights. Add mini M&M's for bulbs. Lay each gumdrop on its side; cut it crosswise into 3 slices. Use frosting to adhere 1 flat slice to top of tree and 1 Rolo to bottom for trunk. Repeat with remaining trees. Let frosting dry completely, 2 to 3 hours, before wrapping.

Dip Trio Appetizer Kit

\$3.40
PER DIP MIX

Think of this basket as an entertaining care package for a busy hostess. Each jar of mix makes multiple batches of dip!

Wood craft baskets (4" W x 5" D x 9" H), \$14 for 4; amazon.com.

>> MAKE IT HANDS-ON 15 min.
TOTAL 15 min. / **YIELDS** 1 gift of 3 dip mixes

To make each mix, combine all ingredients in a small jar or airtight container. Write mixing instructions on a gift tag or card.

Southwest Chipotle Dip Makes ½ cup

Combine 1 Tbsp. dried parsley flakes, 3 Tbsp. dried minced onion, 2 Tbsp. chili powder, 2 Tbsp. ground cumin, 1 tsp. salt, 1 tsp. garlic powder, 1 tsp. paprika and ½ tsp. crushed red pepper.

On gift tag: "To make Southwest Chipotle Dip, add 3 Tbsp. mix to 1 cup mayonnaise and 1 cup sour cream. Stir and top with chopped scallions."

Bacon, Onion and Cheddar Dip

Makes ½ cup

Combine 1 Tbsp. beef bouillon granules, 3 Tbsp. dried minced onion, ½ tsp. onion powder, ½ tsp. pepper, 1 tsp. sugar, 1 tsp. dried parsley, 1 tsp. paprika, ½ tsp. garlic powder and 3 Tbsp. bacon bits.

On gift tag: "To make Bacon, Onion and Cheddar Dip, add 4 Tbsp. mix to ¾ cup sour cream and ½ cup shredded Cheddar. Chill for at least 30 minutes before serving."

Zesty Marinara Dip Makes ½ cup

Combine 2 Tbsp. dried basil, 1½ Tbsp. dried oregano, 1½ Tbsp. dried minced onion, 1 Tbsp. dried parsley, 1 tsp. ground thyme, 1 Tbsp. sugar, 2 tsp. garlic powder, 2 tsp. paprika, 1 tsp. salt, 1 tsp. pepper and 1 tsp. crushed red pepper.

On gift tag: "To make Zesty Marinara Dip, in a microwave-safe bowl add 2 Tbsp. mix to 28 oz. canned crushed tomatoes and 2 Tbsp. olive oil. Microwave on high for 1-minute intervals until heated through."

4-oz. straight-side jars, \$2 each; containerstore.com.



>> GIVE IT

Label and place each jar in a basket filled with shredded paper. Add a sleeve of crackers. Tuck instructions for preparing each dip underneath jars. Tie with ribbon.



>> GIVE THEM

Place snowman cookies in a box lined with tissue or parchment paper.

Stacked Snowman Cookies

48¢
PER COOKIE

Kraft tan party favor boxes (7" W x 3 3/8" D x 2" H), \$10 for 10; amazon.com.

>> **MAKE THEM HANDS-ON** 1 hr. 20 min. / **TOTAL** 5 hr. 30 min. / **YIELDS** 28 cookies

- 3 cups all-purpose flour
- 1 1/4 cups unsweetened cocoa powder
- 1/4 tsp. salt
- 1 1/2 cups (3 sticks) unsalted butter, at room temperature
- 3 cups confectioners' sugar
- 2 large eggs, lightly beaten
- 1 tsp. vanilla extract
- Royal icing (recipe at right)
- Dried mango
- Licorice laces

1 Make cookies: Whisk together flour, cocoa powder and salt. In a separate large bowl, using an electric mixer on medium speed, beat butter and sugar until fluffy. Beat in eggs, one at a time, then vanilla. Reduce speed to low and gradually add flour mixture; mix until just combined. Divide dough in half. Form each half into a disk and wrap in plastic wrap. Refrigerate until firm, about 1 hour.

2 Preheat oven to 350°F. Working with 1 disk at a time, roll out dough to 1/4-inch thickness on a lightly floured sheet of parchment. Brush off excess flour, transfer parchment to a baking sheet and freeze dough until firm, about 15 minutes.

3 Use cookie cutters to create 28 cookies of each size: 2 1/4", 1 3/4" and 1". Reroll scraps as needed. Transfer cookies to new parchment-lined baking sheets. Bake until cooked through, 12 to 14 minutes. Let cookies cool completely on sheets.

4 Make royal icing: Add water 1 Tbsp. at a time, until icing is the consistency of honey. Fill a piping bag with icing. (Or spoon into a ziplock bag; using scissors, cut a small hole in corner.) Cover top of each cookie with icing. Slice small triangular pieces of dried mango for snowman noses and press on center of smallest iced cookies. Slice off tiny pieces of licorice laces to create eyes and buttons; place on iced cookies.

5 Let icing set, about 2 hours. Add a dab of icing on bottom of all 1-inch and 1 3/4-inch cookies; stack 1 cookie of each size to make snowman. Using a food-safe pen, draw a smile below nose. Repeat with remaining cookies.

ROYAL ICING

- 4 cups confectioners' sugar
- 5 Tbsp. meringue powder

Combine sugar and meringue powder with 1/2 cup water; mix with an electric mixer on low speed until icing is smooth, about 5 minutes. Use immediately (or store in an airtight container at room temperature overnight; stir before using).



SCAN
EACH GIFT
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS
(see page 6).

Homemade Dog Treats

10¢
PER TREAT

>> MAKE THEM HANDS-ON 20 min. / **TOTAL** 1 hr. 30 min.
YIELDS about 4 dozen 3-inch biscuits

- 1 15-oz. can pumpkin puree
- 2 large eggs
- $\frac{1}{4}$ cup natural peanut butter
- $\frac{1}{2}$ cup oats, crushed in blender
- 3 Tbsp. wheat germ
- 3 cups whole-wheat flour

- ❶ Preheat oven to 350°F. In a large bowl, using an electric mixer on medium speed, combine pumpkin, eggs and peanut butter. Add oats, wheat germ and flour; mix until a sticky dough forms.
- ❷ On a floured surface, roll out dough to $\frac{1}{4}$ -inch thickness. Cut out treats using a 3-inch bone-shape cookie cutter. Use a spatula to transfer treats to baking sheets. Bake until golden brown and dried, 30 to 35 minutes. Allow to cool completely. Store in refrigerator in an airtight container.

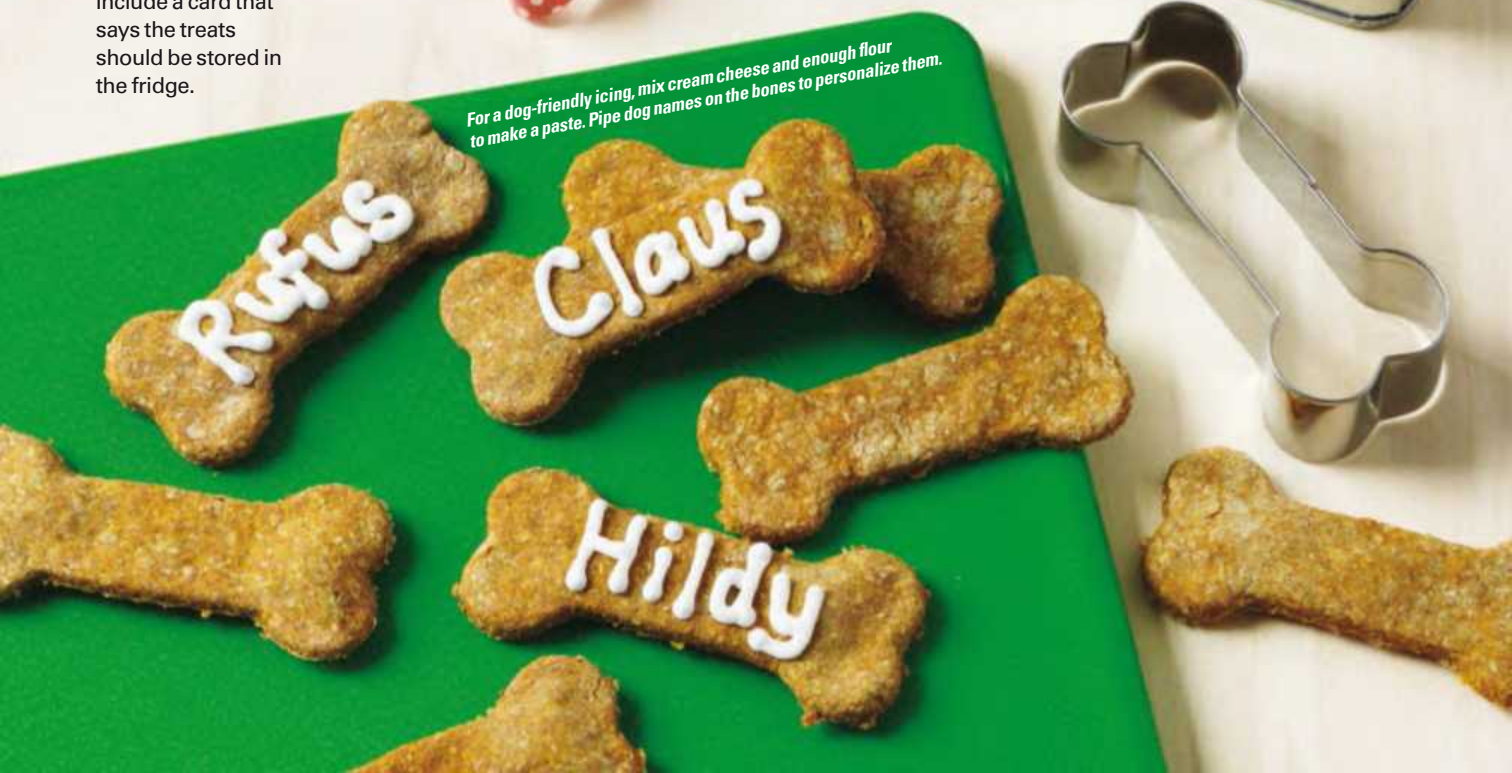
Medium rectangular tins with window (6 $\frac{3}{4}$ " W x 5" D x 1 $\frac{5}{8}$ " H), \$5 each; containerstore.com.



>> GIVE THEM

Place dog treats in a box or tin; seal with washi tape. Include a card that says the treats should be stored in the fridge.

For a dog-friendly icing, mix cream cheese and enough flour to make a paste. Pipe dog names on the bones to personalize them.



Bacon Jam

\$4.30
PER CUP

This crowd-pleasing savory condiment is fantastic on crackers and sandwiches (including grilled cheese).



Stainless-steel spreader, Norpro, \$14 for 4; amazon.com.

Quattro Stagioni 8.5-oz. canning jar, \$3; container store.com.

>>MAKE IT HANDS-ON 1 hr.
TOTAL 4 hr. 30 min.
YIELDS About 4 1-cup jars

- 2 lbs. bacon, diced
- 4 medium onions, thinly sliced
- 3 cloves garlic, smashed and peeled
- 1½ Tbsp. fresh thyme leaves
- ½ cup cider vinegar
- 1 cup packed brown sugar
- ¾ cup brewed coffee

❶ In a large skillet over medium-high heat, cook bacon in 2 batches, stirring occasionally, until crisp, 10 to 12 minutes per batch. With a slotted spoon, transfer bacon to paper towel-lined plate to drain. Pour off all but 2 Tbsp. fat from skillet. Add onions and garlic; cook, stirring, until onions are translucent, about 10 minutes. Transfer mixture to a 6-quart slow cooker. ❷ Add thyme, vinegar, brown sugar and coffee to slow cooker. Chop bacon into small crumbles, add to slow cooker and stir. Cover and cook on high for 2½ hours. Uncover and cook until onions are caramelized, about 1 hour more. Jam will thicken as it cools. ❸ Let cool. Refrigerate until ready to jar.



>>GIVE IT

Portion the jam into 4 1-cup jars. Cut scraps of fabric with pinking shears and tie over lid with twine. Tie a spreader to the jar with ribbon. The jam will keep in the fridge up to 4 weeks.



SCAN EACH GIFT TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS (see page 6).

Gingerbread Gift Boxes

\$1.59
PER BOX

» **MAKE THEM HANDS-ON** 1 hr. 30 min. / **TOTAL** 3 hr. 45 min. / **YIELDS** 3 short and 3 tall boxes

4½ cups all-purpose flour

1 tsp. baking soda

1 tsp. salt

1 Tbsp. ground ginger

2 tsp. ground cinnamon

1 tsp. ground cloves

¼ tsp. nutmeg

1 cup shortening

1 cup sugar

1 cup molasses

Royal icing (see recipe, page 51)

Candies for decorating

1 Make gingerbread: In a large bowl, whisk together flour, baking soda, salt, ginger, cinnamon, cloves and nutmeg. In a large saucepan over medium-high heat, melt shortening. Whisk in sugar and molasses; mix well. Remove pan from heat and stir in flour mixture until combined.

2 Divide dough in half. Let sit out at room temperature for 10 minutes.

3 Preheat oven to 350°F. Line 2 baking sheets with parchment. While still warm, roll out dough on a floured sheet of parchment to about ⅛-inch thickness. Use a knife and a clean ruler to cut dough into 12 3-inch squares (for bottoms and lids), 12 4-by-2½-inch rectangles (for tall boxes) and 12 2½-inch squares (for short boxes). Reroll scraps as needed. Transfer to baking sheets, about 1 inch apart.

4 Bake in batches until firm and browning at edges, 15 to 17 minutes per batch. If edges have bowed, use flat side of a knife to press edges inward while cookies are still hot. Let pieces cool on parchment on wire racks.

5 Make royal icing: Stir until thick and fluffy. Fill a piping bag with icing. (Or spoon into a ziplock bag; using scissors, cut a small hole in corner.)

6 Build boxes: Pipe icing decorations on all side panels (4-by-2½-inch and 2½-inch-square pieces); let set for 1 hour. Pipe icing generously around perimeter, close to

edges, of a 3-inch square.

Pipe along sides and edges of side panels; set side panels on bottom piece. Pipe decorative stripes on outside seams.

To create a lid, use icing to adhere a large candy to center of a 3-inch square. Repeat until all cookies are used. Let boxes dry overnight.

SCAN
EACH GIFT
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS
(see page 6).



» GIVE THEM

Fill boxes with candy (gumdrops, miniature candy canes and hard candies work well) and place lids on top. Wrap in cellophane and tie with ribbon.

Bow-Tie Pasta

\$2.16
PER ¾ LB.

>> MAKE IT HANDS-ON 45 min.
TOTAL 25 hr. / **YIELDS** ¾ lb. pasta

1½ cups all-purpose flour
2 large eggs
1 Tbsp. olive oil
½ tsp. salt

❶ In a large bowl, using an electric hand mixer on medium speed with dough-hook attachments, combine flour, eggs, olive oil, salt and 2 Tbsp. lukewarm water. Mix until just combined.

❷ On a floured surface, knead dough until smooth and elastic, 8 to 10 minutes, adding more flour as necessary. Wrap dough in plastic and allow to rest for 15 minutes.

❸ Working with ½ of dough at a time, roll out on a floured surface until very thin. Transfer dough to a cutting board and use a sharp knife or pizza cutter to make 1-inch-wide strips. Slice strips at 1½-inch intervals, creating small rectangles. Pinch centers of rectangles together to make bow-tie pasta. Let pasta dry for 24 hours on a floured towel or wire rack.

FLAVOR IT!

Black Pepper Pasta

Add 2 tsp. pepper to ingredients before mixing.

Spinach Pasta

Squeeze excess liquid from 1 10-oz. package frozen, thawed spinach. Pulse in a food processor and add to ingredients (after salt) before mixing. Omit 2 Tbsp. water.

SPINACH
BOW-TIE
PASTA

BLACK
PEPPER
BOW-TIE
PASTA



>> GIVE IT

Spoon 1½-cup portion of pasta into each of 2 cellophane bags. On a piece of card stock, write "Cook pasta in salted boiling water until al dente, about 5 minutes, then serve with your favorite sauce." Place card in bag. Using adhesive labels, create a label for each bag. Fold top edge of bag over and seal with label. We dressed up these bags with mini clothespins and rick-rack bows.



>>GIVE IT

Place 6 tea bags in a tin or box. Add label and include brewing instructions.

Deep stackable rectangle
(3½" W x 2¾" D x 3¼" H),
\$4; containerstore.com.



SCAN
EACH GIFT
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS
(see page 6).



Just-for-You Tea

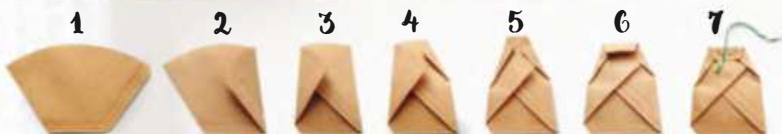
32c
PER TEA BAG

>>MAKE IT HANDS-ON 1 hr. / **TOTAL** 1 hr.
YIELDS 36 tea bags (6 gifts of 6 bags each)

Start with **3 oz. loose-leaf tea** of your choice and **36 No. 1-size coffee filters** (we used natural, unbleached ones). Fill a filter with about 2 tsp. tea. (1 oz. of tea should fill 12 filters.) Fold filter to create tea bag. Staple a 4-inch length of food-safe string to top, sealing pleats with staple. Attach a tag to other end of string. Repeat with remaining tea and filters.

HOW TO TURN COFFEE FILTERS INTO TEA BAGS

- 1 Working with 1 filter at a time, fill with 2 tsp. loose-leaf tea.
- 2 Bring top right-hand corner toward center; crease. 3 Repeat with top left-hand corner, crossing over initial fold. 4 Create a second, smaller fold at top right. 5 Repeat on top left. 6 Fold top down about ½ inch and crease. 7 Staple string over final fold to seal tea bag.





Here's our
TASTIEST
FAMILY
Recipe.

NOW
SHARE
Yours.

SAUSAGE CORNBREAD STUFFING

INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
2 cups celery, chopped
1 cup onion, finely chopped
4 cups cornbread, toasted & chopped
1/4 cup fresh parsley, chopped
1 tsp. poultry seasoning
1 cup chicken broth
1 egg, lightly beaten
1/2 cup pecans, chopped (optional)

DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

PREP TIME: 20 min. **COOK TIME:** 45 min.

COOK'S TIP: To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.



Shine On.

Seal in Sweetness

Holiday cookie baking season is finally here. You'll Make Meal Magic with this delightful cookie recipe from Reynolds® Kitchens that your friends and family will devour. These sweet cookies feature white chocolate chips and cranberries for a decadent taste. Plus, the red and white coloring adds a festive look to any holiday cookie tray. Seal in all this sweetness by storing or freezing your cookies in Hefty® Slider Bags.



Cranberry White Chocolate Chip Cookies

INGREDIENTS:

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 12 oz. white chocolate chips
- 1 cup sweetened dried cranberries

DIRECTIONS:

- Step 1 - PREHEAT oven to 350°F.
- Step 2 - COMBINE flour, baking soda, and salt in medium bowl and set aside.
- Step 3 - BEAT butter, brown sugar and granulated sugar in a large bowl on medium speed for about 3 minutes, until light and fluffy. Beat in eggs and vanilla. Reduce speed to low. Add flour mixture, beating after each addition until well blended. Stir in white chocolate chips and dried cranberries. Drop dough by heaping tablespoons onto cookie sheets.
- Step 4 - BAKE 12 to 14 minutes or until light brown. Add 1-2 minutes if dough is frozen. Slide cookies onto a wire rack to cool.

Recipe from ReynoldsKitchens.com



Remember to line your baking sheet with Reynolds® Parchment Paper for cookies that bake evenly and slide right off the pan.



Hefty Cookie Baking Tips

*Seal in sweetness and
prep ahead with these
simple baking tips
from Hefty.®*



#1 Scoop spoonfuls
of dough onto
cookie sheets



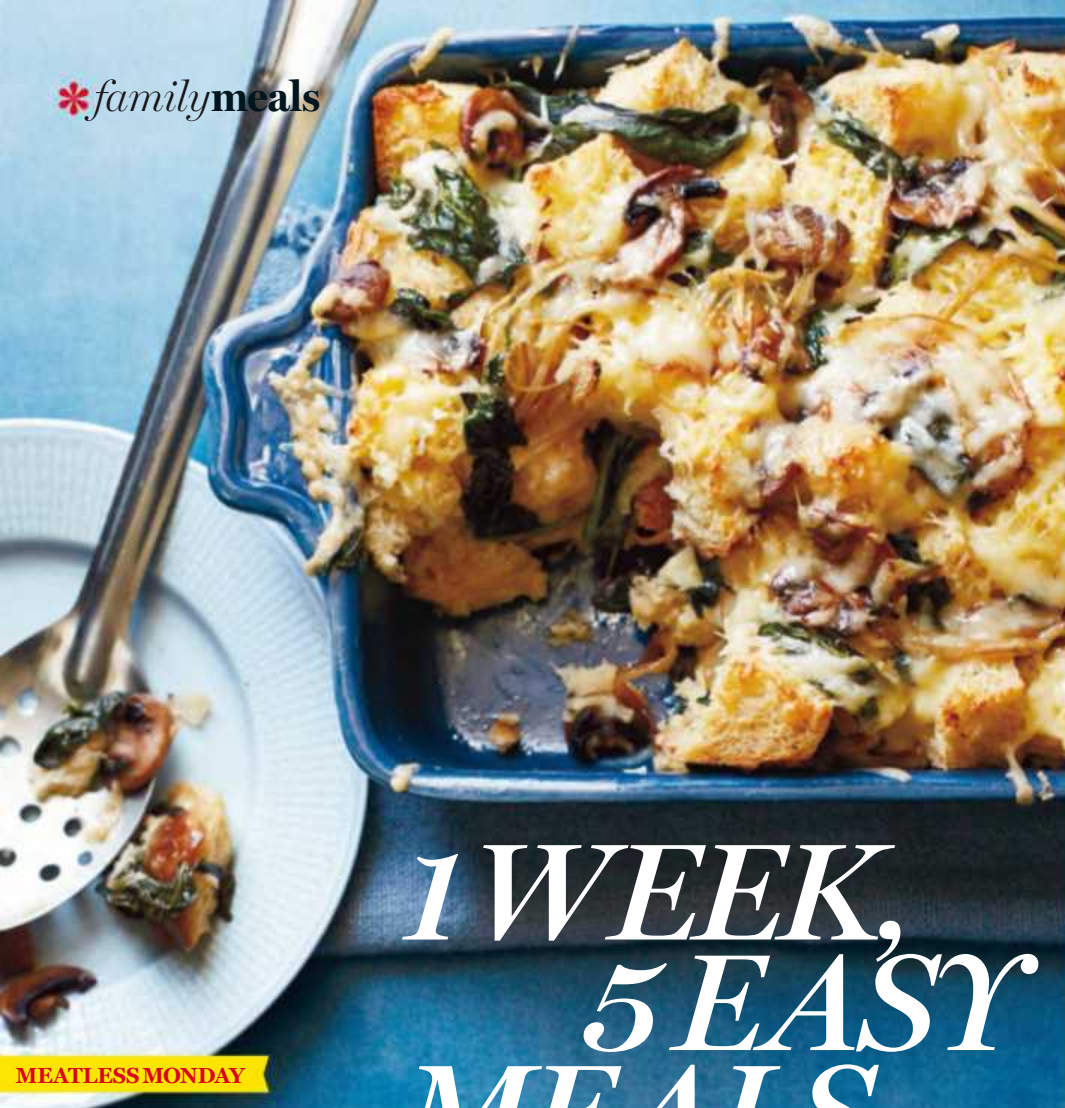
#2 Put cookie sheets
in freezer



#3 Place frozen
dough into Hefty®
Slider Bags until
ready to bake



#4 Store baked cookies
in Hefty® Slider Bags
to enjoy later



1 WEEK, 5 EASY MEALS

Take the stress out of dinner with simple, wholesome recipes and a one-stop shopping list

MEATLESS MONDAY

M Tu W Th F

Spinach and Mushroom Strata

COST PER SERVING \$1.39 / HANDS-ON 25 min. / TOTAL 1 hr. 10 min. / SERVES 6

- 2 Tbsp. unsalted butter
- 1 medium onion, chopped
- 8 oz. sliced mushrooms
- 1 10-oz. package frozen chopped spinach, thawed, squeezed dry
- Salt and pepper
- 8 slices hearty white bread, cubed (about 7 cups)
- 1½ cups shredded Swiss cheese
- 2 cups whole milk
- 5 large eggs
- 1 Tbsp. Dijon mustard

- ① Preheat oven to 375°F. Grease a 2½-quart baking dish with cooking spray. In a large skillet, melt butter over medium-high heat. Add onion and mushrooms; cook, stirring, until soft and golden, about 6 minutes. Remove from heat. Add spinach, mix well and season with salt and pepper.
- ② Spread about ⅓ of bread cubes on bottom of baking dish, then ½ of vegetable mixture and ⅓ of cheese. Repeat with ⅓ of bread, remaining vegetables and

another ⅓ of cheese. Top with remaining bread and cheese.

- ③ In a large bowl, whisk together milk, eggs and mustard. Season with salt and pepper. Pour over strata. Press down on bread mixture with back of a spoon to moisten.

- ④ Bake until strata is set and center is puffed and golden, 45 to 50 minutes. Serve immediately.

PER SERVING 421 Cal., 20g Fat (11g Sat.), 198mg Chol., 4g Fiber, 23g Pro., 38g Carb., 503mg Sod.

all*you

MEAT, FISH AND POULTRY

- 3 lbs. boneless chuck roast
- ½ cup sliced pepperoni rounds (about 1¼ oz.)
- 4 tilapia fillets (about 1 lb. total)
- 1¼ lbs. boneless, skinless chicken thighs

FRUITS AND VEGETABLES

- 2 carrots
- 2 8-oz. packages sliced mushrooms
- 5 medium onions
- 2 parsnips
- 1 green bell pepper
- 4 large baking potatoes
- 4 medium red potatoes
- 2 scallions
- 2 medium sweet potatoes
- 2 cloves garlic

DAIRY

- 2 cups whole milk
- 1 cup shredded mozzarella
- 1½ cups shredded Swiss cheese
- 2 Tbsp. unsalted butter
- 7 large eggs

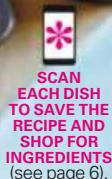
OTHER

- 1 10-oz. package frozen chopped spinach
- 8 slices hearty white bread
- 1 cup low-sodium beef broth
- 2 8-oz. cans tomato sauce
- 1 20-oz. can pineapple chunks in juice
- ½ cup apple cider vinegar
- 1 Tbsp. tomato paste
- ½ tsp. Italian seasoning
- 1½ cups panko
- 2 tsp. seafood seasoning (such as Old Bay)

You also will need these items from your pantry

all-purpose flour, bay leaves, brown sugar, cornstarch, Dijon mustard, dried thyme, dry mustard, garlic powder, ground ginger, low-sodium soy sauce, olive oil, salt, pepper, vegetable oil, Worcestershire sauce

FEEDING
A FAMILY
OF FOUR?
\$37.84



M Tu W Th F

Pot Roast with Root Vegetables

COST PER SERVING \$2.64

HANDS-ON 40 min.

TOTAL 8 hr. 40 min. / SERVES 8

- 4 medium red potatoes, cut into 1-inch pieces
- 2 carrots, peeled, quartered lengthwise
- 2 parsnips, peeled, quartered lengthwise
- 2 bay leaves
- Salt and pepper
- ½ tsp. dry mustard
- 2 tsp. dried thyme
- 3 Tbsp. all-purpose flour
- 3 lbs. boneless chuck roast, trimmed
- 2 Tbsp. olive oil
- 2 medium onions, peeled and cut into 8 wedges
- 1 Tbsp. tomato paste
- 1 cup low-sodium beef broth
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. chopped parsley, optional

1 Place potatoes, carrots, parsnips and bay leaves into a 6-quart slow cooker. Season with salt and pepper.

2 Mix mustard, thyme, 1 Tbsp. flour and ½ tsp. each salt and pepper in a small bowl; rub mixture all over roast. Heat 1 Tbsp. oil in a large skillet over high heat and sear meat on all sides until browned, 2 to 3 minutes per side. Add to slow cooker, on top of vegetables.

3 Wipe out skillet and heat remaining oil over medium heat. Add onions; cook until translucent and beginning to brown, about 8 minutes. Stir in remaining flour and cook, stirring, for 1 minute. Add tomato paste and cook for 1 minute more. Slowly stir in beef broth and Worcestershire sauce; bring to a simmer. Cook

until thickened, about 2 minutes.

4 Pour onion mixture into slow cooker. Cover and cook on low until meat is tender, about 8 hours. Slice meat and place on a platter; transfer vegetables using a slotted spoon. Discard bay leaves. Garnish with parsley, if desired. Serve immediately.

PER SERVING 391 Cal., 11g Fat (3g Sat.), 111mg Chol., 5g Fiber, 41g Pro., 31g Carb., 273mg Sod.

KITCHEN TIP

TRANSFER UNUSED TOMATO PASTE TO AN AIRTIGHT CONTAINER. REFRIGERATE FOR 5 TO 7 DAYS (OR FREEZE FOR 2 TO 3 MONTHS).

M Tu W Th F

Pepperoni-Pizza Baked Potatoes

COST PER SERVING \$1.22

HANDS-ON 25 min.

TOTAL 30 min. / SERVES 4

4 large baking potatoes, washed, patted dry, pierced all over with a sharp knife

1½ Tbsp. olive oil

Salt and pepper

1 medium onion, chopped

1 cup sliced mushrooms

½ cup sliced pepperoni rounds (about 1½ oz.)

1 8-oz. can tomato sauce

½ tsp. Italian seasoning

1 cup shredded mozzarella

1 Preheat oven to 425°F. Line a baking sheet with parchment. Rub potatoes with ½ Tbsp. oil, then sprinkle with salt. Place potatoes on a paper towel and microwave until just tender, about 10 minutes, turning halfway through. Transfer potatoes to baking sheet. Bake until skins are crisp, about 15 minutes.

2 Heat remaining oil in a large skillet over medium-high heat. Cook onion and mushrooms, stirring occasionally, until soft and beginning to brown, about 5 minutes. Stir in pepperoni, tomato sauce, Italian seasoning and ¼ tsp. each salt and pepper.

3 Remove potatoes from oven. Place oven rack 5 inches from heat source; preheat broiler. Carefully cut a slit in top of each potato; squeeze ends to open. Fluff inside of potato with a fork. Divide pepperoni mixture among potatoes; top with mozzarella. Broil until cheese is melted and starting to brown, approximately 2 minutes. Serve immediately.

PER SERVING 349 Cal., 17g Fat (6g Sat.), 28mg Chol., 4g Fiber, 16g Pro., 38g Carb., 683mg Sod.

KITCHEN TIP

YOU CAN TWEAK THIS RECIPE BASED ON YOUR FAMILY'S FAVORITE PIZZA TOPPINGS.



M Tu W Th F

Sweet-and-Sour Chicken

COST PER SERVING \$2.31 / HANDS-ON 35 min. / TOTAL 50 min. / SERVES 4

- 2 Tbsp. vegetable oil
- 1½ lbs. boneless, skinless chicken thighs, cut into 1-inch pieces
- Salt and pepper
- 1 medium onion, chopped
- 1 green bell pepper, cored, seeded, cut into 1-inch pieces
- 2 cloves garlic, minced
- 1 tsp. ground ginger
- 1 20-oz. can pineapple chunks in juice
- ½ cup apple cider vinegar
- ½ cup packed light brown sugar
- 1 8-oz. can tomato sauce
- 2 Tbsp. cornstarch
- 2 Tbsp. low-sodium soy sauce
- Cooked rice, for serving
- 2 scallions, white and light green parts, thinly sliced

① Preheat oven to 350°F. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Season chicken with salt and pepper; cook until brown on all sides, about 5 minutes. Transfer to a 2-quart ovenproof dish.

② Heat remaining oil in same skillet over medium-high heat. Add onion and bell pepper. Cook, stirring, until onion is soft and pepper is crisp-tender, about 5 minutes. Add garlic, then cook for 1 minute more.

③ Add ginger, pineapple, vinegar, sugar and tomato sauce. Bring to a boil. In a small bowl, combine cornstarch and soy sauce; stir into pineapple mixture. Cook, stirring, until sauce becomes translucent, about 1 minute. Pour over chicken; stir to combine.

④ Cover and bake until chicken is cooked through, about 15 minutes. Serve over rice. Garnish with scallions.

PER SERVING 482 Cal., 20g Fat (4g Sat.), 114mg Chol., 3g Fiber, 27g Pro., 56g Carb., 669mg Sod.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS (see page 6).

BETTER THAN TAKEOUT



Flavor hails from
Smithfield.



TWICE BAKED SWEET POTATOES — WITH BACON —

INGREDIENTS

- 6 slices of cooked **Smithfield Bacon**
- 6 medium sweet potatoes
- 3 tbsp unsalted butter
- ½ cup heavy cream
- 3 tbsp brown sugar, divided
- ½ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- ½ teaspoon of salt
- 6 tbsp marshmallow creme

DIRECTIONS

Bake sweet potatoes for 40–50 minutes at 350°F. Cut off top 1/3 of potato and scoop out flesh, leaving ¼ inch in shell. Mix potato with butter, cream, 2 tbsp brown sugar, nutmeg, salt and pepper and spoon back into reserved potato shells. Top each with 1 strip bacon cut into pieces, 1 tablespoon marshmallow creme, then sprinkle all with remaining brown sugar. Broil for 3–5 minutes or until marshmallow creme is toasty brown. Serve hot!



**familymeals*

M Tu W Th F

Baked Fish Sticks and Sweet Potato Fries

COST PER SERVING \$1.90 / HANDS-ON 40 min. / TOTAL 1 hr. / SERVES 4

- ¼ cup all-purpose flour
- 1 tsp. salt
- 1 tsp. pepper
- 2 large eggs
- 1½ cups panko
- 2 tsp. seafood seasoning (such as Old Bay)
- 4 tilapia fillets (about 1 lb.), thawed if frozen, patted dry, cut into 3-by-¾-inch sticks
- 2 medium sweet potatoes, peeled, cut into 12 wedges each
- 2 Tbsp. vegetable oil
- ½ tsp. garlic powder

1 Place racks in upper and lower thirds of oven and preheat to 450°F. Line a large rimmed baking sheet with foil. Grease foil with cooking spray. In a small bowl, mix flour with ½ tsp. each salt and pepper. In another small bowl, beat eggs with 1 Tbsp. cold water. Mix panko and seafood seasoning in a third bowl. Working in batches, dredge fish sticks in flour, shake off excess and dip into egg. Let excess drip off, then place fish in panko, turning to coat evenly and pressing gently to adhere. Arrange fish sticks in a single layer on baking sheet.

2 Place potatoes on a large rimmed baking sheet and toss with oil, garlic powder, and ½ tsp. each salt and pepper. Spread in a single layer. Bake for 8 minutes.

3 Mist fish sticks with cooking spray and place in oven on empty rack (do not remove potatoes). Bake 12 minutes more, stirring potatoes and rotating sheets halfway through. (Potatoes should be tender and fish should flake easily and be cooked through.) Serve immediately.

PER SERVING 373 Cal., 12g Fat (2g Sat.), 150mg Chol., 3g Fiber, 31g Pro., 35g Carb., 514mg Sod.

KIDS LOVE THIS



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS
(see page 6).

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JOYFUL
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PROMOTION

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OUR EXPERT
CHERYL SLOCUM,
senior food editor,
Cooking Light

Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier

Bubbly breakdown

Ever wonder why there are so many names for sparkling wine? All bottles of bubbly start with three basic ingredients (yeast, sugar and wine), but where they're made—and the method used—can alter the flavor. Prices for a bottle can range from \$15 or so to the triple digits. We asked Marika Vida (marikavida.com), a wine expert and sommelier, to recommend affordable picks in each category.

Champagne

Made exclusively in the French region of the same name, each bottle is individually fermented (that makes the fizz) and routinely turned until its bubbles have developed. That years-long process results in a bright (albeit pricey) wine.

MARIKA'S PICK
Pierre Moncuit
Grand Cru Blanc
de Blancs NV, \$43

Prosecco

Sweeter than the others, prosecco is made in Italy. It's a festive sparkler and affordably priced, mainly because it is produced in large vats and fermented for a short time. It pairs well with starters, such as vegetables, cured meats and fresh fruit, and it's also great with dessert.

MARIKA'S PICK
Nino Franco
Rustico NV, \$17

Cava

Produced in Spain, cava is made with grape varieties using the Champagne method. You can find bottles of the versatile wine—just as great served with seafood as with steak—for less than \$20.

MARIKA'S PICK
Gramona Grand Cuvée
Brut 2011, \$16

Sparkling wine

A huge variety of sparkling wine is produced in the United States—too wide, in fact, to categorize. Look for tastings at wine shops to learn more about bubbly produced stateside.

MARIKA'S PICK
Domaine Carneros
by Taittinger
Brut 2009, \$22

Crémant

The name sounds fancy, but don't let that fool you. It's the term used for sparkling wines from France that *aren't* produced in Champagne. They're made the same way and offer similar flavor but cost considerably less.

MARIKA'S PICK
Domaine Agapé
d'Alsace Émotion
Brut NV, \$20

THE BEST way to chill a bottle of sparkling wine? In the fridge, on its side, for a few hours. If you're short on time, stand the bottle in a bucket of ice water for 15 to 30 minutes. But skip the freezer—it can deflate the bubbles.

Crack open a pomegranate

Rich in antioxidants, pomegranates are tasty. The trick is getting those delicious seeds, the arils, out of the husk without staining your fingers and countertop.

HOW TO RELEASE THE SEEDS

- 1 Cut off the top and end of the fruit, then use a knife to score the skin into 4 sections.
- 2 Place the pomegranate in a bowl of water; break the shell apart along the scored lines.
- 3 Use your fingers to loosen the arils under water; the seeds will sink, and the white membrane will float. Toss the membrane.
- 4 Strain through a sieve to catch arils. Eat the seeds as they are, or sprinkle them over salads or chicken or fish dishes.



Store whole pomegranates for up to a month on the counter or two months in the fridge. Arils keep in the fridge for two weeks and the freezer for several months.

SAY CHEERS TO A GREAT PARTY DRINK!

Sparkling Citrus Cocktail

COST PER SERVING \$2.33 / **HANDS-ON** 5 min.
CHILL 2 hr. / **SERVES** 8

$\frac{1}{2}$ cup fresh pink grapefruit juice, strained (from a large grapefruit)

$\frac{1}{2}$ cup fresh orange juice, strained (from 2 large oranges)

$\frac{1}{2}$ cup fresh lemon juice, strained (from 4 large lemons)

$\frac{1}{4}$ cup sugar

1 750ml bottle sparkling wine or cava, chilled

1 Stir all juices and sugar in a pitcher until sugar dissolves. Cover and chill at least 2 hours or up to overnight.

2 Divide juice among 8 flutes; top each with sparkling wine. Serve immediately.

PER SERVING
98 Cal., 0g Fat
(0g Sat.), 0mg Chol.,
0g Fiber, 1g Pro.,
10g Carb., 0mg Sod.



SCAN THE CHAMPAGNE FLUTE TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS (see page 6).

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Set up a delicious, and safe, holiday buffet

A buffet can take a lot off the hostess's plate, but there's no such thing as hands-off entertaining. Here's a quick guide for keeping party food safe, appealing and tasting its best.

- **Setting food out before guests arrive might seem like good party planning—but foods served at room temperature should never sit for more than two hours.** Instead, place items such as crudité and cheese on the buffet five minutes ahead. Plan to replace with fresh batches before you hit the two-hour mark.
- **Hot foods should be held at 140°F or warmer. Avoid becoming a slave to the oven by serving these dishes in slow cookers** (setting: warm or low) or in chafing dishes to maintain the right temperature.

- **Nestle dishes of cold foods (think salads and dips) in bowls of ice to keep them at the recommended temperature of 40°F or lower.**

- **Garnishes made of leafy herbs or greens tend to go limp quickly. Instead, line serving trays with woodier stemmed herbs, including rosemary and sage, or heartier greens such as curly kale.** Another option? To jazz up cheese plates and the like, use edible decorations: red grapes, clementines and whole nuts.

- **Break free from the standard buffet (served on one long table) and set up two or three separate serving areas.** The lower volume of traffic at each keeps things neater overall, and smaller portions at each station tend to get served up long before they become unsafe.

MAKE-AHEAD BREAKFAST

Slow-Cooker Oats with Brown Sugar and Pear

No need to watch this pot! Set your slow cooker to begin when you head to bed and have a hot breakfast waiting when it's time to rise and shine.

Lightly brush a 3½-quart slow cooker with melted **butter**. Add 2½ cups diced firm **pear** (such as D'Anjou), 1 cup **steel-cut oats**, ⅓ cup **raisins**, 2 Tbsp. packed **light brown sugar**, 3 Tbsp. **honey**, 2 Tbsp. melted **butter**, ¼ tsp. **salt**, ¼ tsp. **cinnamon** and ⅛ tsp. ground **nutmeg**. Stir in 1½ cups 2 percent **milk** and 1½ cups boiling water. Cover and cook on low for 7 hours or until oats are tender. Serve drizzled with more **honey** if desired and topped with chopped toasted **walnuts**. Serves 4.



These steel-cut oats from **Bob's Red Mill** have complex flavor and a slightly chewy texture. With more than

20 percent of your daily fiber and 14 percent of your daily protein, they are a hearty (and inexpensive) way to start off the day. \$3 for 24 oz.; bobsredmill.com.



SCAN THE BUFFET (ABOVE, LEFT) TO PURCHASE THE OATS (see page 6) OR VISIT ALLYOU.COM/SHOP-NOW.

1.8
BILLION

The number of candy canes produced annually

Source: National Confectioners Association

Streamline your holiday cookie lineup

Need a few different types of cookies for a swap or party?
It doesn't get much easier (or tastier) than this

how to make chocolate scotcheroos



Cook 1 cup **Karo® Light Corn Syrup** and 1 cup **sugar** together in a large saucepan over medium heat, stirring until sugar dissolves.



Bring mixture to a boil and immediately remove from heat. Stir in 1 cup **creamy peanut butter**; mix well.



Add 6 cups **crispy rice cereal**; stir until evenly coated. Pour into greased 13- x 9-inch pan and pat into place.



Melt 1 cup **semisweet chocolate chips** and 1 cup **butterscotch chips** together in saucepan over low heat, stirring constantly. Spread over cereal. Cool at least 45 minutes, or until firm. Cut into bars.

Karo. Find more: karosyrup.com/scotcheroos

One cookie dough...

1¼ cups sugar

½ cup brown sugar

½ cup (1 stick) unsalted butter, at room temperature

1 tsp. vanilla extract

1 large egg

1¾ cups all-purpose flour

1 tsp. baking soda

¼ tsp. salt

Preheat oven to 350F°. Combine sugar, brown sugar, butter and vanilla in a large bowl; beat with a mixer on medium speed until fluffy, about 3 minutes. Add egg; beat just until blended. Beat in flour, baking soda and salt.

...three ways! Customize your treats with these mixes.

Bourbon, Cranberry and Walnut

Combine ¾ cup dried **cranberries** and ¼ cup **bourbon** in a saucepan over medium heat. Bring to a simmer; cover and remove from heat. Let stand 15 minutes. Stir plumped cranberries and ½ cup toasted **walnut pieces** into cookie dough. Drop dough by tablespoonfuls 2 inches apart on parchment-lined baking sheets. Bake until lightly browned, 10 to 12 minutes.

MAKES 36 COOKIES

Rocky Road

Stir ⅓ cup **mini marshmallows**, ¾ oz. coarsely chopped **dark chocolate** and ⅓ cup chopped toasted **pecans** into cookie dough. Drop dough by tablespoonfuls 2 inches apart on parchment-lined baking sheets. Bake until lightly browned, 10 to 12 minutes. Combine 1 oz. chopped dark chocolate and ¼ tsp. canola oil in a small microwave-safe bowl. Microwave on high until melted, about 1 minute, stirring every 20 seconds. Drizzle chocolate over cooled cookies.

MAKES 40 COOKIES

Caramel Popcorn

Stir ⅓ cup finely crushed **hard caramel candies** (such as Werther's Original; about 12 candies) and ⅛ tsp. salt into cookie dough. Prepare 1 mini bag plain **microwave popcorn** according to package directions. Stir 3 cups prepared popcorn into dough with a rubber spatula. Drop dough by tablespoonfuls 2 inches apart on parchment-lined baking sheets. Bake until lightly browned, 10 to 12 minutes.

MAKES 50 COOKIES



SCAN
THE COOKIES
TO SAVE THE
RECIPES AND
SHOP FOR
INGREDIENTS
(see page 6).

Chocolate Scotcheroos

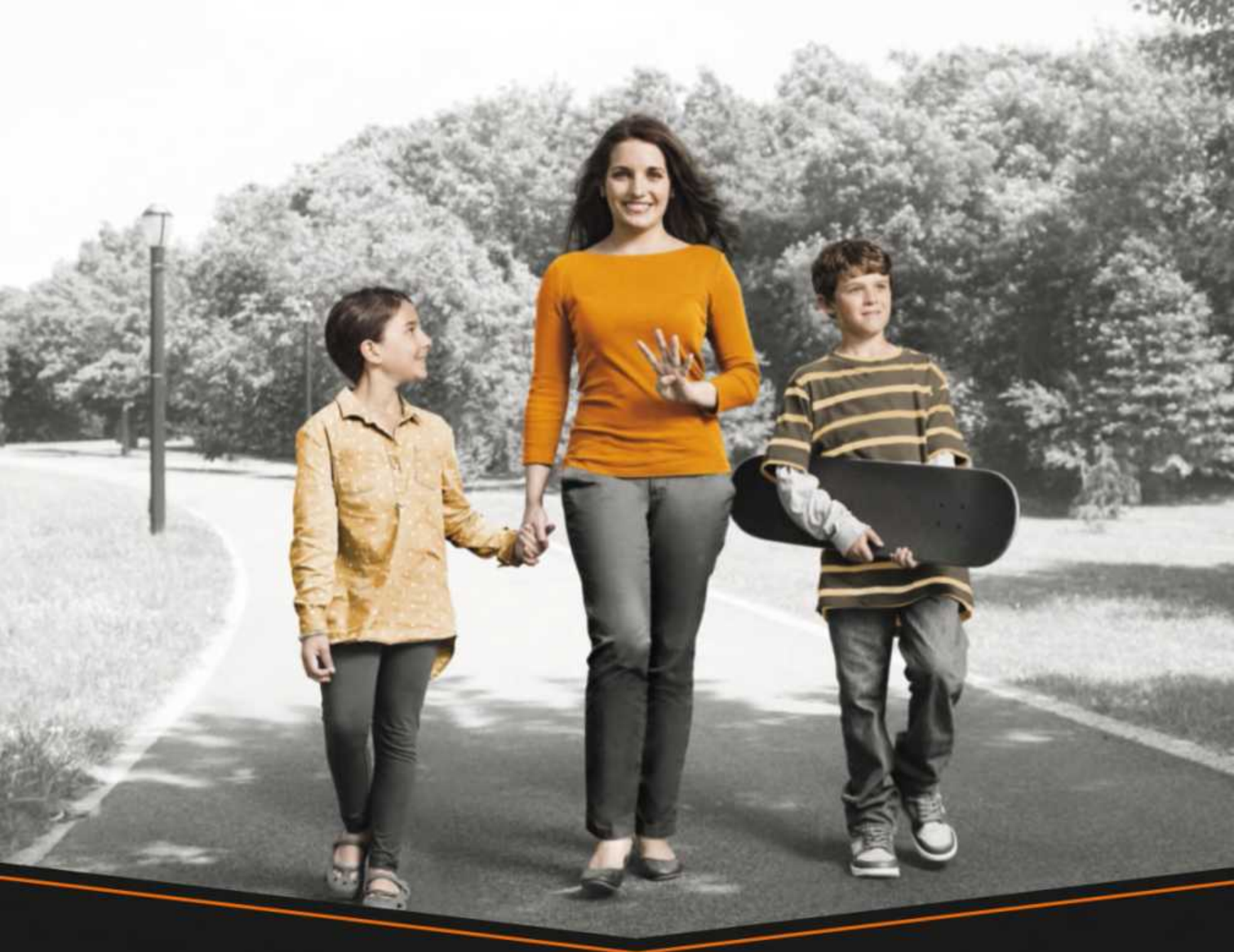


try something new with **scotcheroos**

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Find this recipe and other sweet inspiration at
KaroSyrup.com



UNDERSTAND THE DIFFERENCE BETWEEN GETTING A FLU SHOT AND CHOOSING ONE.

CHOOSE THE FLU SHOT WITH BROADER COVERAGE.

The 3-strain flu (influenza) vaccines only cover three flu virus strains, but the 4-strain vaccines cover an additional strain. That means you may get broader coverage against the flu with the 4-strain vaccine.

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*yourfamily

FUN FOR ALL AGES, EXPERT PET ADVICE AND NEW WAYS TO CONNECT WITH LOVED ONES



DISCUSS A DONATION

Hold a family meeting to decide on a charitable donation your family can make. Talk about what you're all passionate about. If, say, your kids love dogs, perhaps the money could go to the ASPCA. Have everyone bring ideas to the meeting—visit charitynavigator.org to check out thousands of organizations including health-focused ones and environment-minded nonprofits.

LET YOUR KIDS PLAY SANTA

Your older children don't believe in Santa Claus anymore? Let them choose a less-privileged child to buy gifts for (from "Santa"); many malls, churches and corporations have such programs. Head to the shops together one evening to help your kids pick out the presents, then treat yourselves to hot cocoa when done.

MAKE A SPECIAL DELIVERY

Reach out to a food pantry or homeless shelter, and see if it needs any provisions dropped off, or assistance sorting donations (and whether your kids can lend a hand). Gaining awareness of people in need helps children feel more compassion toward others.

Source: Kristen C. Wynns, PhD, a child and adolescent psychologist and owner of Wynns Family Psychology (wynnsfamilypsychology.com) in Cary, N.C.

GIVE BACK

Together

Spend quality family time and help kids understand the true meaning of the season



FIND A CONNECTION

PEOPLE FEEL HAPPIER GIVING TO A CAUSE THEY HAVE A SOCIAL LINK TO—FOR EXAMPLE, DONATING TO A CHARITY THAT HELPS THOSE WHO HAVE THE SAME ILLNESS AS A FAMILY MEMBER.

Source: International Journal of Happiness and Development

TOP: GETTY IMAGES

YOU SAID IT *"We adopt a family who is spending time in the hospital—which is usually a long-term and financially draining situation. We don't know who the family is; we receive their ages, sizes and wish list. We shop for the things on the list, then the gifts are delivered to the family for Christmas. We've done it for three years. My kids love it!"* —Crystal Patriarche, 42, Phoenix



'The Best Gift I Ever Got'

EACH OF **THESE THREE WOMEN** WAS ONCE GIVEN SOMETHING THAT—WHILE NOT PRECIOUS IN MONETARY TERMS—HAD MEANING THAT **MADE IT PRICELESS TO HER AND HER ALONE**

By Alison Gwinn

THE GIFT:
AN 'I LOVE YOU'
NECKLACE ON HER
WEDDING DAY

Camilla Haight

32, HAYDEN, COLO.

Ray Chase was larger-than-life—an adventurer who flew Huey helicopters in Vietnam, was one of FedEx's first pilots, liked to go hot-air ballooning and took his family sailing in the Caribbean every year. "And he was the world's best storyteller," says his daughter Camilla Haight. "He would tell the same stories over and over, but everyone loved him so much that they always wanted to hear his tales again."

Ray delighted in his big family and was close with his nine children—especially Camilla. "We had a special bond, which probably began the day I was born," she says. "My dad said that once my head popped out, I just opened my eyes and looked around as if to say, 'Hello, world!' Because of that, he gave me the middle name Maka-Nui, which means *big eyes* in Hawaiian."

But in 2007, when Camilla was 24, Ray, who had been exposed to Agent Orange in Vietnam, was diagnosed with mantle cell lymphoma. He sought treatment and went into remission, but the cancer returned a couple of years later. "We went on one last Caribbean trip," Camilla recalls, "but we all knew that it would be the last sail for him."

When Ray was dying in September 2009, the kids rushed home to Steamboat Springs, Colo., to say goodbye. "He hadn't been able to talk for a while," Camilla says, "but I remember that he looked at me and said 'I love you' one last time."

Those words helped sustain Camilla, a child-protection caseworker. And when she got engaged in 2013, she knew that the only thing missing from her

wedding would be her dad. Her sister Iliana Chea, a photographer, realized it too. "Since our dad couldn't be there, I wanted her to have a piece of him with her on her wedding day," says Iliana, 25. "So I found an old letter he had sent me in which he had written 'I love you,' and found an Etsy business, TagYoureItJewelry, to turn those words—in his handwriting—into a necklace."

On Camilla's wedding day, May 10, 2014, she, Iliana and their sister Hestia Chase, 27, were on their way to get ready for the ceremony when Iliana pulled over to a spot by the Yampa River. "We got out of the car," Camilla recalls, "and she gave me this box and said, 'I know you wish that Dad were here to walk you down the aisle, so I am giving this to you so you can have him close to you.' I opened it and just stared at the necklace—I couldn't speak. It was so beautiful, and it was just such an amazing gift, because whenever my dad wrote us a letter and said 'I love you,' it was always so heartfelt."

"Camilla started crying," Iliana says, "and I thought, Thank goodness we did this before she had her hair and makeup done! Actually, we were all a mess."

Camilla put on the necklace and hasn't taken it off since. It reminds her of her father but also speaks volumes about Iliana. "She is such a thoughtful and sensitive person," Camilla says. "Not only does it memorialize my dad and all the great memories we have of him, it also shows the bond Iliana and I have."



A photo of Ray and the necklace his words inspired

ANDREW MAGUIRE

“I never take this
necklace off.
It's a piece of me.”

Camilla, left,
and sister Iliana
in Steamboat
Springs, Colo.

THE GIFT: BALLROOM DANCING LESSONS

Liana Munro

71, JACKSONVILLE, FLA.

Growing up in the 1940s and '50s in Cuba, Liana Munro dreamed of becoming a ballerina. But that dream died when her parents sent her, at age 14, to an English-language school in Jamaica. "I wanted to continue my dance lessons, but I couldn't get the training there I needed," she says. "Then Castro came to power in 1959, and my parents told me to stay in Jamaica. Because I did not return to Cuba, I lost my citizenship, and I never saw my parents again."

Liana fell in love, moved to the

States, married and began a new life, putting her dream of dancing into her "what if" drawer. "Rather than saying, 'I wish, I wish, I wish,' I concentrated elsewhere," she says. "When you have children, you devote yourself to them, and dancing just wasn't in the cards. I was too busy being a wife and mother and a businesswoman."

But after her two daughters, both dancers, left home for Florida State University, she rethought things. One day in 2008, when she was having lunch with her best friend of 40 years, Sharon Brown, and Sharon's sister Diane Brown-Smith, the three began talking about their biggest unfulfilled dreams. "I would love to dance again," Liana told them. "It was an epiphany for me," she says. Still, Liana didn't do anything about it: "I thought, This is just a dream—forget about it."

But Sharon and Diane did not forget about it: At a Christmas party a few months later, they handed Liana an

envelope; inside was a certificate for ballroom dancing lessons. "I was so surprised—I never expected it," Liana says. "But I felt like, Now I really need to do this! It was just the push I needed." Liana signed up for the lessons, figuring that if nothing else she would lose a few pounds and make some new friends. "But by my second lesson, I was totally, totally hooked," she says. "My teacher saw potential in me, and six months later I was winning dance competitions."

Today, dancing—from the Viennese waltz and fox-trot to the Argentine tango, samba, salsa and mambo—is Liana's passion. She still takes lessons at least two days a week, dances every Friday night and sometimes competes on the weekends. Although she has won five pro-am competitions, winning is not her goal. "I don't care if I am good. I just love going out there on the dance floor and enjoying myself," she says. "People come up to me afterward and say, 'Oh my gosh, you were smiling the whole way through your dances,' and that's because I'm having a ball out there. I want to make people smile and laugh—to make them happy—and they, in turn, feed me."

Sharon, 55, who doesn't dance herself but enjoys watching Liana compete, says, "I had no idea she would love it so much. It's just amazing to me what she has done. How many other people in their 70s are competing and winning? She steps out onto the dance floor and lights up the whole room."

For Liana, the unexpected gift she received seven years ago has invigorated her. "I don't know how things would have turned out if not for that gift certificate," she says. "I think I would weigh 300 pounds, and my life would be 'work, then home, then back to work.' My doctors can't believe that I am 71."

"Dancing is what keeps me healthy, both physically and mentally. It's so much fun, I just wish everyone could do it."

"I don't know how my life would have turned out **if I had not found dancing again.**"



Liana at a recent competition in St. Augustine with Alexander Ivanov



THE GIFT:
**A REFURBISHED
CORDUROY COAT**

David with Monica,
wrapped in the coat
he rescued for her

Monica Wesolowska

50, BERKELEY, CALIF.

It was a coat almost impossible to love, a thrift-shop find that had long ago seen better days. Monica Wesolowska bought it in the 1980s when she was living in Portland, Ore. “Grunge was in full force, so we all wore enormous clothing,” she recalls. “This was a man’s jacket that was so big it hung down over my hands and fell off my shoulders. But I loved it because it was warm and cozy, and I felt tough and cool in it.”

Monica kept the corduroy coat even after she moved to warmer, sunnier

Berkeley. “I was outgrowing it in many ways,” she recalls. “I no longer needed to wear an oversize man’s coat to feel cool. And by now the buttons were falling off, there was a huge rip in the front and the lining had holes in it.” Still, she wasn’t ready to say goodbye: “I kept it in my closet for two years without wearing it.”

But one day, during a big home cleanup, she decided it was time to part ways. “I told myself: ‘Just put it in the garbage can.’ So I did,” she says. “Several hours later, I started to feel like I had thrown away a part of my youth—a time when I was an aspiring, bohemian writer who lived in a house with a bunch of musicians and artists.”

“For me, a gift’s value has nothing to do with money. It’s about whether the person receiving it feels **seen for who they really are.**”

Her boyfriend (now husband), David Fisher, 46, is not quite as sentimental. And although he had never come right out and said so, it was clear to Monica he was not a fan of the coat. So she was surprised when he said, “If it matters that much to you, why don’t you go fish it out?” But Monica held firm.

About a month later, as her birthday was approaching, David began acting strange, Monica says. “He’s not great at giving gifts,” she says. “To be honest, I was a little worried that if he was excited about this one, and I was disappointed, it would be crushing. Then, on my birthday, he said, ‘Close your eyes and put your arms behind your back.’ I thought, Now this is getting weird. He started sliding my arms into something really silky. I thought, Oh no, he bought me an expensive coat to replace my old coat, and I’m not going to like it. But once it was on, and he said, ‘Open your eyes,’ a jolt of recognition went through me, because it was my coat! Except a tailor had replaced the tattered lining with a beautiful chocolate-brown satin one, fixed the rip in front and replaced all the buttons. I was so, so happy to be reunited with my coat. And I was also really moved, because it meant that even though David didn’t like the coat, he knew it mattered to me.”

Monica, a memoirist (*Holding Silvan: A Brief Life*) who is working on her first children’s book, wore the coat for only one more year but kept it in her basement closet. “About six months ago, I wondered: Should I throw it away?” she says. “But I decided that if it had survived the trash can years ago, I should save it for our boys. Maybe one day, they will go through my closet, and the coat will have a life for them, too.”

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OUR EXPERT
LENA C.
FRANCE, DVM

Vent to a Vet

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I'm confused about raw-food diets for dogs
"My dog, Merlot, has had multiple malignant mast cell tumors of varying grades removed. I've read that a raw diet might help. Is there any health benefit?"

—Jill Warshaw, 57, New York City

HERE'S HELP! In general, I am against a raw-food diet—unless you're the one out hunting and catching the food to give to your dog. Doing that would keep contaminants low. But if you just feed your dog meat straight from the grocery store, you put Merlot at risk for salmonella. I do have a friend who goes directly to a processing plant to get chicken for her dogs, but that's inconvenient for most people. Instead, I would feed Merlot dog food made with high-quality organic ingredients. Also, ask your vet if your pup should take any additional supplements or vitamins.



I DON'T KNOW WHAT'S MAKING MY CAT SNEEZE

"My 15-year-old cat, Toby, has started sneezing. He's been doing this for a couple of days now. What could be his issue?"

—Diane Stevens, 61, Deptford, N.J.



HERE'S HELP! There are a number of possible reasons why Toby is sneezing. Perfume or dust in the air could be setting him off. Toby could have seasonal allergies or perhaps a viral or bacterial infection that he caught from another cat—especially if he's an outdoor kitty. If it's an infection, your vet might give him antibiotics. Another potential cause of sneezing is a foreign object lodged in the cat's nose—a blade of grass, for example. (I've seen that a number of times.) Other possibilities include a tumor or a nasal polyp. Take Toby to the vet if his sneezing doesn't stop, especially if he sneezes out mucus that's cloudy or bloody. If the vet rules out allergies and an infection, she'll look up his nose to see if she spots anything. But the human eye can see only so far, so the vet might sedate the cat and use an endoscope to see what's up there and—if she finds something that doesn't belong—remove it.



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OUR EXPERT:
KRISTEN C.
WYNN

Smart Family Advice

Sound strategies for a happier home life



GET A HANDLE ON HOMEWORK TIME

Follow these ABCs to help streamline your child's homework process so it's more productive.

Avoid micromanaging. Children, including teens, can get overly dependent on parents pushing them through their workload each afternoon. Encourage independence from a young age. Help your children prioritize their assignments (it's best to work on the harder assignment first), then tell them you will check in after a set period of time, like every 15 minutes or when each assignment is complete. Remind them you will look over their homework for accuracy and neatness but won't do it for them.

Build a routine. Decide that your kids have to finish their homework before they get to play or use electronics. Most children do better when they complete homework earlier in the afternoon (after a 15- to 20-minute break to eat a snack, relax and maybe run around a little to blow off steam). Consider using an incentive system. For example, kids can earn more time to play outside if they complete work (correctly) within a set time period.

Create a clutter-free work space. Kids do much better with a neat, quiet work zone. Set up a study nook in your child's bedroom or a space that's away from televisions, other electronics and siblings.

GETTY IMAGES

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ClumpandSeal.com



SQUASH HOLIDAY STRESS

No one sings “It’s the most stressful time of the year,” but it often is. So take steps to make the upcoming weeks less hectic:

- **Get organized early.** At the start of the season, put together a master calendar that lists parties, travel and other holiday plans. Make a weekly to-do list so you aren’t slammed on Christmas Eve.
- **Don’t forget yourself.** Exercising and logging enough sleep can help you get through the holidays with positive energy and an upbeat mood.
- **Forgo perfectionism.** You might have the urge to accept every party invitation, buy everyone’s dream gift and do every Pinterest project you’ve pinned—but it’s totally fine to let yourself off the hook.

Kristen C. Wynns, PhD, a child and adolescent psychologist, is owner of Wynns Family Psychology (wynnsfamilypsychology.com) in Cary, N.C. Have a question for her? Visit allyou.com/askwynns.



How to keep the pre in preteen

Now that I have a middle schooler, I notice how many of her peers seem to have skipped over childhood and moved directly into the teen years, apparently bypassing the tween phase. My daughter still enjoys hanging out with her family (most days), riding her scooter and wearing T-shirts and jeans, but it looks as though many of her peers are

obsessed with their phones, social media accounts and showy clothes. There seems to be a much faster maturing of children these days. How can we allow our kids to remain carefree and innocent for as long as possible? Here’s some advice for parents: Do not feel peer pressure to buy your children mature clothing, or to allow them to get an

Instagram account before they turn 13. Unite with like-minded parents at your child’s school, and discuss common agreements that you will follow, such as not allowing kids to text one another past a certain time at night, limiting social media and monitoring movies and YouTube videos. Finally, encourage your child to embrace the fun of being a kid.



SCAN THE GAMES TO BUY THEM (see page 6) OR VISIT ALLYOU.COM/SHOP-NOW.

Game on!

Sure, your child might love to play Candy Crush on her phone, but that can’t beat sitting around your dining room table and enjoying a classic game as a family. Games make great gifts for kids—or yourself. Retro Series Candy Land and Twister and 80th anniversary Monopoly, \$20 each; target.com.

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15AEBIAI



17%

THE PERCENTAGE OF PEOPLE WHO TIP BECAUSE IT'S EXPECTED. (SOME 6 PERCENT TIP BECAUSE THEY'RE AFRAID OF NOT GETTING GOOD SERVICE THE FOLLOWING YEAR.)

Source: care.com

MAKE IT
A SEASON
FOR

THOUGHTFUL GIVING

Show love and appreciation to the many people who provide help and services throughout the year

By Jennifer Rainey Marquez

TOP: GETTY IMAGES



YOU SAID IT "I teach a college class in graphic design. A few years ago, one of my students gave me a touching note written on homemade stationery—and a sweet surprise: mini tarts wrapped in paper with Mandarin letters. (Her parents brought them from Taiwan.) Learning you've made a difference in someone's life is the ultimate gift." —Leslie Steiger, 34, Brooklyn, N.Y.

Holiday tipping: a guide

LET THESE SUGGESTIONS ON WHAT TO GIVE HELP YOU CHECK OFF EVERYONE ON YOUR LIST

WHO

TIP or GIFT

WHAT TO GIVE

LETTER CARRIERS



TIP

GIFT



They bring you something every day, so return the gesture. Just remember: Postal employees can't accept cash. Try a gift (valued at \$20 or less), a gift card (as long as it can't be exchanged for cash) or a box of homemade snacks.

HAIRSTYLISTS/
COLORISTS



TIP

GIFT

Leave double your usual tip. (If you tip \$10 on a \$50 haircut, for example, leave \$20 around the holidays.) If you're close with your stylist, it's also nice to give a personal gift—a book by her favorite author, say, or a bottle of wine—as you would for any friend.

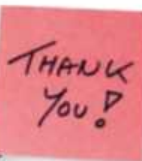


CHILD-CARE WORKERS



TIP

GIFT



Most child-care workers are not highly paid, so if you can, stick with cash (check with the day-care center on its tipping policy) or a gift card from a place you know they frequent. And don't underestimate the value of a handwritten thank-you note.

TEACHERS



TIP

GIFT

Organize the parents to chip in and get a gift card with a value of \$100 to \$200. Add a note from each child—and parent. Once your kid is in middle school, you're generally off the hook for a gift, though a note is a gracious acknowledgment of the work a teacher does.



DOG WALKERS



TIP

GIFT



Tips are most appropriate; consider giving between one day's and one week's extra pay. If you prefer a noncash gift, opt for a travel mug for coffee on early-morning walks or a gift certificate for a pedicure to pamper tired feet.

BOSSSES



TIP

GIFT

Most bosses don't expect gifts, but if you want to give one, go inexpensive and impersonal (no jewelry), so it won't make them feel uncomfortable. Good choices include gourmet food, like special coffee beans, or an ornament if they celebrate Christmas.



ASSISTANTS



TIP

GIFT



Yes, it's nice to show appreciation for all their help throughout the year, but avoid extravagance. Instead, consider treating them to a nice lunch or giving a gift certificate to a nearby restaurant—along with a note of thanks.

Sources: Pamela Eyring, president of the Protocol School of Washington, D.C.; Yvette Gonzales, president of the National Association of Professional Pet Sitters; Natalie Gurley, director of hair color education at Van Michael Salon, Atlanta; Rachel Robertson, vice president of learning and development at Bright Horizons Family Solutions, Watertown, Mass.; Tim Sullivan, founder of PTO Today, Wrentham, Mass.



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THE all*you

gift

GUIDE

'Tis better to give than to receive, but best of all is when you can score the perfect present without investing much time or money (both of which are scarce this time of year as it is!).

That's why we're offering this roundup of well-priced ideas for everyone on your list including your kids, your cousin and your better half. Think of it as our gift to you



All she needs to rock her New Year's Eve look.
Profusion Beauty Book makeup kit, \$5; at Dollar General.



The cover hides a reusable hot pack.
Mini Hottie hand warmer, \$9; container store.com.



Candy with a kick.
Tennessee Honey chocolate bar, Jack Daniel's, \$7; worldmarket.com.

Stocking stuffers

They may be small, but these tokens will bring lots of big smiles.



Inside find lotion in one of three holiday scents.

Hand therapy crackers, 1 oz., \$9 each; crabtree-elynn.com.

Groom him for success.

Battery-operated beard and mustache trimmer, Conair, \$8; at Dollar General.



These balms are party-ready, with just the right touch of bling, thanks to the included stickers.
Eos DIY Holiday lip balm set, \$10; drugstore.com.

Here's a simple way to add some heat to his bowl of movie-night popcorn.

Sriracha popcorn seasoning, \$7; crateandbarrel.com.



SPONSORED



Bag a sweet deal! A delicate milk chocolate shell envelops an irresistibly smooth milk truffle filling.
Lindt LINDOR truffles, \$4.39; lindt.com.



A bath-time classic.
Crazy Foam 3-in-1 cleanser, \$6; walgreens.com.



Let a penguin cap (also available as a reindeer or snowman) fend off the cold.
Knit hat, \$5; at Michaels.

SCAN THE HAT TO BUY THE PRODUCTS ON THIS PAGE (see page 6) OR VISIT ALLYOU.COM/SHOP-NOW.

FOR Him

Beyond the silk tie: clever buys for all of the guys in your life.



This is sure to get him all fired up: a selection of fiery sauces.

Brewers' hot sauce set, Dat'l Do-It, \$10; walmart.com.



This smartphone accessory exceeds projections. **DIY smartphone projector (7" W x 6½" L x 4" H), Luckies of London, \$32; uncommongoods.com.**



Talk about easy listening! These are padded for comfort and can work wirelessly.

Luxe leather and powerful bass? Sounds ideal. **Shox BT headphones, 808 Audio, \$50; amazon.com.**



He can clear off the windshield without harming his hands. **Ice scraper, Wembley, \$24; kohls.com.**



Have shaving supplies delivered right to his door. **Shaving club subscriptions, from \$3 per month; dollarshaveclub.com.**

SCAN THE SHAVE BUTTER TO BUY THE PRODUCTS ON THESE PAGES (see page 6) OR VISIT ALLYOU.COM/SHOP-NOW.



Kids can write their own ode to Pops in this 112-page journal. **What I Love About Dad, Knock Knock**, \$11; alwaysfits.com.

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EXPIRES
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This gadget has a bottle opener, a screwdriver and more, and it can fit in a wallet.

Ultimate pocket tool (2" x 3½"), **Mota**, \$30; amazon.com.



All he needs to make his own microbrew.

Everyday IPA kit, 1 gallon, **Brooklyn Brew Shop**, \$40; worldmarket.com.



Let him support his team with this fun twist on the hideous holiday sweater.

Ugly Sweater Flagship knit hat, \$25; neweracap.com.



For a coffee-loving *Star Wars* fanatic. **Darth Vader 16-oz. Expressions mug**, \$15; kohls.com.



So cozy he won't want to get dressed in the a.m. **Microfleece pajama pants**, **Fruit of the Loom**, \$11 (sizes S–XL) or \$13 (sizes 2XL–3XL); walmart.com.



This 16-oz. container keeps drinks cold for up to 25 hours. **Canteen**, \$28; corkcicle.com.

FOR Her

Wow her with a stylish choice that suits her taste to a tee.

Spot on!
Check out this whimsical way to store her finger bling.
Ceramic ring holder (4" H), \$15; at Michaels.



Pretty and practical.
4-quart slow cooker, Black and Decker, \$30; amazon.com.



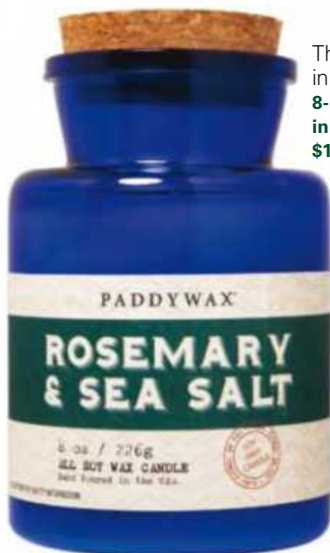
Keep her cozy and warm all winter.
Cable-knit sweater, \$43, sizes XS-4X; oldnavy.com.



A necklace with a bit of swag.
Leather-tassel pendant (31"), \$36; baublebar.com.



This scent evokes a day in a seaside garden.
8-oz. soy wax candle in apothecary bottle, \$19; paddywax.com.



Sporty meets girlie in this cute hat.
Monogrammed baseball cap, \$16; pepperminttwist.com.





A floating speaker provides tunes and a speakerphone in the tub.
Mini H₂O Bluetooth speaker (2" H), Altec Lansing, \$40; target.com.



Ideal for wintry weekends.
Tote with Sherpa trim, Mossimo Supply Co., \$35; target.com.



It only looks pricey.
Adeline embossed-glass goblet, \$16 for a set of 4; walmart.com/thepioneerwoman.



A nice way to declare "Hands off!"
Mine stackable mug, 12 oz., Easy, Tiger, \$12; cardsforawesomepeople.com.



She'll instantly want to snuggle with this sophisticated version of an afghan.
Warmest throw (56" x 44"), \$39; westelm.com.



Scents she can take on the go.
Pure perfumes by Skeem Design, 7.5ml, \$16 each; skeemshop.com.

SCAN THE
THROW TO BUY
THE PRODUCTS
ON THESE
PAGES
(see page 6)
OR VISIT
ALLYOU.COM/SHOP-NOW.

FOR

Boys

You'll be his superhero when he unwraps one of these cool picks.



He'll want to learn to tell time with Spidey there to help him.

Spider-Man watch, Marvel, \$16; walmart.com.

This golf set is toxin-free and made in an environmentally sound way.

Toy golf set (21" clubs), \$30; pbskids.org/wholefoods.



Your tyke can be scooting like an expert in no time on this sturdy, stable rider.

EZ-Rider scooter (24" x 32"), \$50; radioflyer.com.

This scooter makes it easier for little guys to learn to ride on two wheels.



Does this scream Will Ferrell as Buddy or what?

Elf ears hat, \$15; aeropostale.com.



Warm up his tootsies with fuzzy, Chewie-like footwear.

Wookiee feet, Star Wars, \$20 (sizes 7, 9, 11, 13); kohls.com.



A wintry scene adorns this BPA- and BPS-free bottle, which has a lifetime guarantee.

Holiday 2015 water bottle, 32 oz., \$11; nalgene.com.



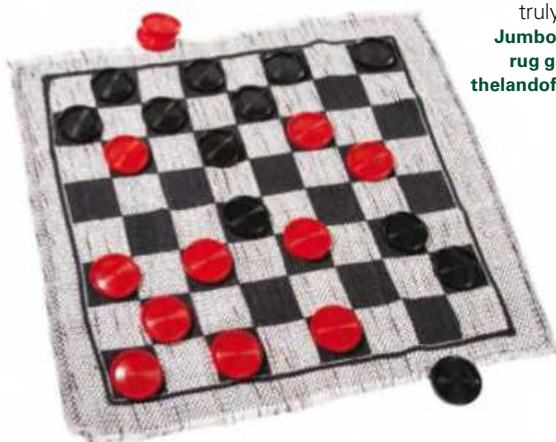
SCAN THE WATCH TO BUY THE PRODUCTS ON THESE PAGES (see page 6) **OR VISIT** ALLYOU.COM/SHOP-NOW.



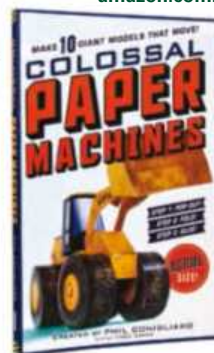
This Bluetooth-operated helicopter is ready for takeoff.
Helo TC chopper
(8½" x 4"), \$30;
griffintechology.com.



At 3 inches in diameter, these checkers are truly chubby.
Jumbo checkers
rug game, \$29;
thelandofnod.com.



Instructions and materials to build 10 giant models.
Colossal Paper Machines,
Workman Publishing, \$25;
amazon.com.



A paper toolkit lets tots learn to measure, cut and hammer.

My First Toolbox: A Lift-the-Flap Activity Book, Twirl, \$15;
chroniclebooks.com.



A cartoon bear-adorned top says he means business.
Lumberjack shirt, Okie Dokie,
\$12 (sizes 2T–5T) or \$14 (sizes 4–7);
jcp.com.



A bird of a different feather from Lego's new line.

Creator rainforest animals,
\$15 for 3-model set;
shop.lego.com.

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FOR

Girls

Delight a little princess with a treat she'll treasure.



With cardboard panels that are easily clipped together, she can create her very own dream house.

Build Abouts (34½" x 34½"), Mindware, \$50; target.com.



Fresh beats update a classic game.
Twister Moves Hip Hop Spots game, \$25; hasbrotoyshop.com.



She can make silly hairstyles using this fun toy.
Crazy Cuts set, Play-Doh, \$15; hasbrotoyshop.com.



Transform these from ice skates to in-line versions once summer arrives.

PlayWheels Frozen convertible skates, \$65; toysrus.com.



These versatile gloves may be worn fingerless or full-length.

Popover gloves, Mixit, \$20; jcpennney.com.



FORT (NO CREDIT)



Shape these squares of clay into colorful erasers. **DIY eraser kit, Creatibles, \$12; containerstore.com.**

Peel-off nail polish means no need for toxic remover. **Peel-off nail polish set, Almar Sales, \$11 for 6; calendars.com.**



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(Does not
apply to sale
merchandise or
excluded brands)



She can make single waffles with this nonstick iron. **Mini waffle maker, \$12; crateandbarrel.com.**



Spritelike felted-wool baby booties. **Strawberry Shortcake booties, Gulnara Kydyrmyslova, \$25 (one size, 6-12 months); uncommongoods.com.**



Like a union suit but way cuter, this Nordic-print style can keep her warm from head to toe. **Plush onesie pajamas, \$0, \$48, sizes XS-XL; kohls.com.**



Passcode protection means this crossbow is safe from the enemy. **Nerf Rebel Codebreaker crossbow (20" x 12"), \$25; hasbrotoyshop.com.**

SCAN THE
PAJAMAS TO BUY
THE PRODUCTS
ON THESE PAGES
(see page 6)
OR VISIT
ALLYOU.COM/
SHOP-NOW.

HOLIDAY entertaining HASSLE-FREE

GIVE YOUR GUESTS SOMETHING
TO TALK ABOUT BY THROWING
A STYLISH GET-TOGETHER. HERE'S HOW
TO ENSURE IT'S AFFORDABLE

By Elizabeth Jenkins

Fill your buffet with bites that can be whipped up with a minimum of ingredients and effort: crostini served with dip, say, or smoked salmon on cucumber slices.

COCKTAIL party

CELEBRATE THE
SEASON WITH
A FESTIVE MIX
OF FINGER FOODS
AND HOLIDAY CHEER.

BE SELECTIVE. Trim liquor costs by offering just beer, wine and a signature cocktail. Budget-friendly box wines allow guests to help themselves, and they let you save what you don't serve—without risk of spoilage—for up to six weeks. We like the cabernet sauvignon and chardonnay varietals from Black Box (\$23 for each 3-liter box; winesanywhere.com). Both boxes are elegant enough to display, or pour the wine into glass carafes. For the signature cocktail, consider a vodka-and-cranberry punch accented with orange slices.

PLAN YOUR MENU. Offer a selection of hot and cold hors d'oeuvres, with five or six options in all. (Assume that each guest will eat two of each kind.) Prefer a few easy choices? Try Hebrew National frozen pigs in a blanket (\$14 for 32; at Walmart), or buy premade phyllo dough, wrap it around asparagus spears, sprinkle with Parmesan and bake. Cheese and charcuterie are good bets; serve them cubed or sliced on skewers. The result looks festive, and you don't have to fill an entire platter with food to make it look abundant.

SPRUCE UP YOUR PLATTERS. Arrange hors d'oeuvres on plain white plates (you can find affordable ones at restaurant-supply stores) garnished with sprigs of rosemary. Or, using holiday-themed, adhesive vinyl stencils, cut out shapes and adhere them to plates and wineglasses (instead of wine charms, for the latter). Place the plates and glasses on the buffet, where they can do double duty as decorations, along with glass bowls filled with small globe ornaments or strings of Christmas lights.



GETTY IMAGES



POTLUCK party

COME UP WITH
A FUN THEME AND
LET EVERYONE
PITCH IN WITH THEIR
FAVORITE DISH.

ESTABLISH GUIDELINES.

Avoid the dreaded “dish overlap” (five casseroles, three salads...and no desserts?). Create a list of courses on signupgenius.com or perfectpotluck.com, and ask each guest to choose one to bring. Don't have enough serving vessels or utensils? Let guests offer to contribute those as well. Some might even volunteer to bring folding chairs or a card table if needed.

NARROW YOUR OPTIONS.

To avoid winding up with a hodgepodge of dishes, decide on a theme such as *Comfort Foods and Joy*. Just make sure there's still some variety. Suggest a mix of hot and cold dishes so you don't end up with a line of guests waiting to use the oven. And to ensure that guests can go home with leftovers, list some ideas on your sign-up sheet for dishes that travel and reheat well, such as casseroles.

AVOID A TUMBLE OF TUPPERWARE.

Purchase a few color-coordinated plastic serving dishes at a discount home-goods store—you can transfer guests' dishes into them. Use Tupperware to box up leftovers to give to guests. Looking for a low-key alternative to a tablecloth? Try using holiday-themed scrapbook paper as place mats.

SEND 'EM HOME HAPPY.

Everyone appreciates a small token gift, so don't forget the party favors. Display a large silver bowl by the door and fill it with miniature candy canes and homemade cookies placed in cellophane bags, wrapped with holiday ribbon, or inexpensive ornaments so guests can grab a favor on the way out.

DINNER party

HOLD AN INTIMATE,
ELEGANT GATHERING
WITH FOOD
THAT REFLECTS THE
FLAVORS OF
THE SEASON.

MAKE SIDE DISHES THE STARS.

To keep things simple, for your entrée, prepare a baked ham or roast turkey that can be carved at the table, and concentrate on distinctive yet simple sides. One suggestion: Mix couscous, kale, goat cheese and dried apricots for a hearty salad (visit allyou.com/couscous). For dessert, try an easy dark chocolate tart you can make ahead and chill (allyou.com/chocolate-tart).

TRIM THE TABLE. In lieu of place cards, buy solid-color ball ornaments at a dollar store and write guests' names on them using a gold paint pen. Guests can then take them home as favors. Arrange greens, such as magnolia leaves, holly or pine branches—you can even snip a few from your Christmas tree—in the center of the table and in vases in the living and powder rooms, adding a festive touch.

CREATE A SOFT GLOW. Not only are candles an affordable decorating idea, they also create an elegant, relaxing atmosphere and cast a flattering glow on guests. Try placing votives in doily-wrapped mason jars, wrapping holiday-themed paper around plain white pillar candles or clustering an arrangement of pillar candles and tea lights on a mirrored tray strewn with holly leaves and berries. Go with unscented candles, which won't interfere with the aroma of the food.



* save everyday

HOLIDAY brunch

CHILL OUT WITH
A SOPHISTICATED
YET CASUAL
AFTERNOON AFFAIR.

SET THE MOOD.

High-quality paper plates and napkins are fine, but you might consider buying a few yards of seasonal cloth at a discount fabric store and cutting that into napkins with pinking shears (use a cloth napkin you have as a pattern). You also can make a table runner the same way. Write the menu on a small blackboard, bistro-style.

OFFER A SELECTION OF DISHES.

A main dish you can prepare ahead, like a frittata or a quiche, is always a good bet, along with one meat, such as bacon or sausage, that you can cook that morning and keep warm in the oven. But if you have a griddle that you can set up and some folks to help out, a treat such as pumpkin-stuffed French toast (allyou.com/french-toast) is likely to elicit oohs and aahs. If you're feeling especially creative, make pancakes and cut them into fun shapes with holiday cookie cutters. Or set up an omelet bar so guests can choose fillings. Offer platters of easy-to-grab items, too, such as bagels and pastries.

DESIGN A BEVERAGE BAR.

Set out thermal carafes of coffee and hot water and a selection of tea bags, along with pitchers of juice identified with holiday-themed labels. If you'd also like to offer something alcoholic, make pitchers of Bloody Marys ahead of time for guests to pour themselves. Don't feel pressured to buy expensive French Champagne or top-shelf vodka, because they'll be mixed with juice. In fact, skip the Champagne altogether in favor of prosecco or another sparkling wine—which can cost half the price of a decent French bubbly. (For more on the different effervescent wines, see page 67.)

KEEP THINGS MERRY WITH MUSIC No matter what sort of party you're throwing, assemble a lineup of tunes using downloads from Amazon or iTunes, or log onto Pandora or Spotify to stream songs from your computer or mobile device. Aim for a mix of time-honored classics, like **"WHITE CHRISTMAS"** by Bing Crosby, **"THE CHRISTMAS SONG"** by Nat King Cole and **"MERRY CHRISTMAS, DARLING"** by the Carpenters, as well as newer selections such as **"UNDERNEATH THE TREE"** by Kelly Clarkson, **"CHRISTMAS (BABY PLEASE COME HOME)"** by Michael Bublé, **"HAVE YOURSELF A MERRY LITTLE CHRISTMAS"** by Mary J. Blige and **"CHRISTMAS IN HARLEM"** by Kanye West.

SPONSORED



BE PREPARED Have some small gifts on hand—a scented candle, chocolates—in case guests surprise you with one.

COOKIE Swap

HERE'S A GREAT
WAY TO ENTERTAIN
FRIENDS IF YOU
DON'T FEEL LIKE
PREPARING A
WHOLE MEAL.

CRUNCH YOUR NUMBERS.

Your guests will want to sample several of the offerings that night and also take at least a dozen cookies home, so plan accordingly. Request that each person make and bring about two dozen cookies. And ask them to print or hand-write copies of their recipes to distribute at the party.

PROVIDE

INCENTIVE. If you let guests know that there will be a prize for the yummiest cookie or most inventive presentation, they're more likely to bring their goodies in three-tiered stands and doily-covered platters, thereby saving you the task of finding your own displays. Reward their ingenuity with a token such as a cookbook, an apron or a bag of holiday cookie cutters.



KEEP THE DÉCOR SIMPLE.

Playful accents, such as bright mittens or stockings clothes-pinned to strings of Christmas lights and hung from tables and sideboards, help create a homespun vibe. Or put out a few charming nutcrackers along with a bowl of walnuts in front of them—nuts are great for balancing out the sugar between bites.

SERVE A HOT BEVERAGE.

Try whipping up mugs of warm spiced cider. The three-ingredient version at allyou.com/ cider is a snap. Add a splash of spiced rum if you like. The recipe found at allyou.com/ hot-chocolate includes a way to add snowflake-stenciled marshmallows.

WRAP UP THE EVENT IN STYLE.

Set aside a table for a wrapping station, where guests can pack up their take-home treats. Lay out cardboard gable boxes (you can find them at Michaels and other craft stores for about \$6 for a 4-pack), along with waxed tissue paper in a holiday print to line the inside. Write each guest's name on a holiday gift sticker ahead of time and place one on each box so nobody gets mixed up.

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Just for You

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Smart Money Advice

Sock away more savings with our savvy finance tips



American workers use just 51 percent of their vacation days, on average, according to a 2014 Glassdoor employment confidence survey. If you're the workaholic type, consider this eye-opener: People who take all their V-days have a 6.5 percent higher chance of getting a raise or promotion than those who leave 11 or more days of paid time on the table, researchers say. Something else to keep in mind: Because paid time off is part of your compensation package, you're basically taking a pay cut when you don't use up those days.

Written by MP Dunleavy, a personal finance writer, editor and author in New York City.

GETTY IMAGES

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Get back on track

More than 30 percent of Americans are unable to save for retirement because of unplanned expenses, according to a 2014 BlackRock survey. Bad news for sure, but you can take action now to be in a better position down the road. Grab a calendar and comb through the months and years ahead, noting milestones. Is your 10-year-old likely to need braces in a year? Will you be traveling for Mom's 75th birthday? Setting aside small amounts of money in designated accounts over time helps offset expenses. What's more, being better prepared for curveballs makes it easier to take control of your retirement.



FINANCIAL PLANNING PRIMER

Apps are handy, but when you need assistance reaching financial goals, the step-by-step help in Palmer's Planners is hard to beat. The guides, by author and mom Kimberly Palmer, *U.S. News and World Report* senior money editor, are PDF downloads—most cost \$4 to \$20—that can help you set up a household budget, pay down debt or come up with a plan for a new business.



80%

The percentage of American women who refrain from talking about finances with close friends. Don't let self-consciousness stop you from getting the support and advice-swapping camaraderie a pal can provide. Tip: Break the ice with casual conversation—a great bargain you got on a computer, say. Let the discussion evolve naturally from there.

Source: Fidelity Investments study

SOME PRIVACY, PLEASE!

And you thought Scrooge was nasty: Online shoppers lost \$781 million due to scams, fraud and phishing in 2013, according to an Internet Crime Complaint Center report. To keep your information safe when scoring gifts online, never use public Wi-Fi (from a café, say, or mall) to shop or contact your bank. Limit online purchases to a single credit card (that makes it easier to spot illegal activity). Don't track packages using e-mail; instead, visit the carrier's website (fedex.com, for example). And change your passwords before and after the holidays!



GETTY IMAGES (COUPLE, WOMAN WITH TABLET)

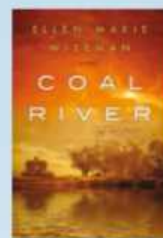
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Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

Sudoku Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.

9				1	2		7	
		1	3			6		
	8					9		1
8	7		1	6				
		5				8		
				8	5		1	4
6		2					4	
		9			4	1		
	4		6	5				9

Futoshiki Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

	>			<	
v					^
			>		
		>	2		3
		<		<	

Crossword

ACROSS

1. Fair
5. Chunk
9. Wire-diameter measure
12. Eyebrow shape
13. Ache
14. Grape or orange drink
15. Farm female
16. Opening wager
17. Poor grade
18. Sounding loudly
20. Transparent
22. Stag guests
23. Yodeling feedback
25. Taper off
27. Wrap up, as a flag
29. Begone, cat!
33. Horse's gait
35. Eight-limbed sea creatures
37. Lady Jane _____
38. Declaration
40. So-so grade

DOWN

41. Litter's smallest
43. Implore
45. Slumber
48. Violent storm
52. Used to own
53. Gyrate
55. Molecular component
56. Lend a hand
57. British aristocrat
58. Went by bus
59. Like a desert
60. Deuce topper
61. Waterfowl
9. Assembled
10. Opinion
11. Nasty look
19. Data
21. Outta sight?
24. Thicken
25. Breakfast item
26. Tavern feature
28. Atop
30. Tropical bird
31. Mock
32. Bind with string
34. Old harp
36. Singe
39. Outfit
42. Teed off
44. Get tangled
45. Roe producer
46. Animal's home
47. Whirling current
49. Merely
50. Dull-witted one
51. Forewarning
54. Average golf score

1	2	3	4		5	6	7	8		9	10	11
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52				53	54				55			
56				57					58			
59				60					61			

Picture Puzzle

PEACE ON EARTH This serene snow scene might seem relaxing, but trying to spot the 11 changes in the pictures below could have you feeling a little less than tranquil.



A
—
B
—
C
—
D
—
E



1 | 2 | 3 | 4 | 5



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OUR EXPERT
SUZANNE
GERBER

YOUR horoscope

SEE WHAT THE STARS HAVE
IN STORE FOR YOU IN **DECEMBER**



SAGITTARIUS (NOV. 23-DEC. 21)

Pace yourself! You're chomping at the bit to start an important project, but you might not get the go-ahead until after Christmas. In the meantime, take care of personal matters you've put on the back burner because of a lack of time. And regardless of whether you've been naughty or nice, on Christmas Day a romantic situation gets resolved in the happiest of ways.

CAPRICORN (Dec. 22-Jan. 20)

At work, Mars gives you the energy of three people, but as the holidays approach, cut yourself some slack. Party invites start rolling in, but be selective. Although you might feel like you can survive without sleep, burning the midnight oil will only leave you exhausted.

AQUARIUS (Jan. 21-Feb. 18)

Put those vacation plans on hold. An exciting opportunity to work with creative people comes your way this month. Stay open and accessible: This could be the break you've been hoping for. An issue with a loved one works itself out on Christmas Day. Now that's something to be grateful for!

PISCES (Feb. 19-March 20)

A joint venture is top priority this month, but don't quit your day job yet! You still have some experience to gain—so keep pushing. A very social period kicks off on the 9th, but stay disciplined around the buffet table. Saturn lends resolve, but it still takes a lot of commitment.

ARIES (March 21-April 20)

Personal connections come into sharper focus this month. Do the things you always say you want to do with your significant other but never find time for. Don't slack off at work, though. The sun beams into your career zone on the 21st, potentially bringing a promotion or even an exciting new gig.

TAURUS (April 21-May 21)

Want to get organized or declutter? While motivational Mars is in your methodical corner this month, start small and keep chipping away until you're done. Venus turns your thoughts to romance, so leave plenty of time for your mate—or get active on a dating website.

GEMINI (May 22-June 21)

Don't take on a project that's too much for even you. You're a people person, so find a way to divide the workload to play to everyone's strengths. If this assignment works out, you might want to consider launching a joint venture of your own with your most like-minded co-worker.

CANCER (June 22-July 22)

It's hunker-down time at work, but luckily you have the attention span necessary to finish up a demanding project. If you do get stuck, wait for the new moon on the 11th, which will help you see things from a fresh perspective. Team up with a collaborator to take your work to another level.

LEO (July 23-Aug. 22)

Don't ignore your creative impulses: They could become a source of income! Your innovation sector is lit up like a Christmas tree all month. Talk to people who've cashed in on a similar talent to help you get started. If you've been putting off a big trip, start looking for deals after the 25th.

VIRGO (Aug. 23-Sept. 22)

Take care of family obligations before the 9th, when your attention turns to more playful pursuits. You're in demand on the holiday-party circuit, which means you need suitably festive clothes. Do a creative review of your closet, and use smart accessories to dress up simple outfits.

LIBRA (Sept. 23-Oct. 23)

Curb your enthusiastic spending! You don't have to go into debt to be generous this holiday season. What services can you offer? What could you whip up in your craft room? After the 25th, your top priority becomes your sweetie. That's one holiday present you don't want to skip on!

SCORPIO (Oct. 24-Nov. 22)

Leave enough room in your schedule for alone-time this month. You have some big ideas to flesh out, and you could have a "Eureka!" moment on the 19th. Beautifying Venus in Scorpio makes this a perfect time for a new hairstyle, wardrobe update or home-redecorating project.

GREAT PRIZES

This month, **allyou** wants to get you ready for the holidays

1

READER WILL WIN

a Vizio E-Series 55 inch-class full-array LED smart TV and 40-inch 5.1 sound bar system

Holiday movies look and sound great when viewed with this television and sound bar system from Vizio. The smart TV, which delivers brilliant picture quality, features Wi-Fi connectivity, so you can enjoy popular apps and streaming content from the Internet. Add on the sound bar system, with its satellite speakers and Bluetooth technology, for a thrilling home theater experience.

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VALUE**

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TO WIN!



**\$70
VALUE**

15

READERS WILL WIN

a 14-piece T-fal Excite cookware set

Whip up a Christmas feast for your family with cookware in cherry red. Each nonstick pan comes with T-fal's ThermoSpot heat indicator, which shows when the pan is properly preheated—helping to seal in the food's flavor and prevent burning.

20

READERS WILL WIN

an Air Wick Life Scents prize package

Welcome guests into your home with two of Air Wick's most popular holiday scents. This set contains a Cozy by the Fire candle and oil, a Spiced Apple Crumble candle and oil, a Spiced Apple Crumble Wax Melt and a plug-in oil diffuser to continuously release the fragrances into the air.



**\$50
VALUE**

NO PURCHASE NECESSARY TO ENTER OR WIN.

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"Coffee-Break Fun," p. 102

SUDOKU

9	6	3	8	1	2	4	7	5
4	5	1	3	9	7	6	8	2
2	8	7	5	4	6	9	3	1
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6	1	2	9	3	8	5	4	7
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7	4	8	6	5	1	3	2	9

FUTOSHIKI

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CROSSWORD

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M	E	N	E	C	H	O				
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A	I	D	E	A	R	L	R	O	D	E
D	R	Y	T	R	E	Y	L	O	O	N

PICTURE PUZZLE, p. 103

No. 1 (A2): A bird is keeping an eye on the scene below. No. 2 (A3): The ball and spire atop the tower have grown larger. No. 3 (A5): A branch has fallen from the tree. Nos. 4 and 5 (B1): Lights are hanging from the building's rooftop, and the little window below them is gone. No. 6 (B2): A star is shining at the top of the tree. No. 7 (B3 to C3): There's a little more snow on the church's roof. No. 8 (B4): A peak in the mountains has eroded away. No. 9 (D2): The bridge's railing is missing a post. No. 10 (E3): There is an additional reflection of light on the river. No. 11 (E4): Another rock has appeared in the river beneath the bridge.

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Lufthansa

Oy, Christmas Tree!

Oy, Christmas Tree!



Some moms deck out their yards for Halloween. Others spend weeks planning a flawless Thanksgiving feast. Me? I keep things simple in fall, but when Christmas rolls around, I'm all in. Especially when it comes to The Tree.

I take tree decorating seriously. I have a color scheme. I have a method. After 11 years of marriage, my husband knows better than to come anywhere near the tree. Because even though he grew up decorating Christmas trees—while I, in my Jewish home, did not—he does it wrong. He's in charge of garland-hanging, which keeps him out of my hair so I can fret about optimal ornament color distribution in peace.

This division of labor worked out quite nicely, until our 7-year-old, Fletcher, declared he was old enough to decorate the tree...all by himself. Let me tell you, when you have a black belt in perfectionism, there is not enough spiked eggnog in the world to take the edge off that statement. "Are you sure Mommy can't help?" I asked. And by "help" I absolutely meant micromanage the project so he couldn't mar my Pinterest-perfect tree. Fletcher shook his head. "I want to do it. Myself!" he insisted, with the unyielding stubbornness that comes with being 7.

"Look, Mommy!" He surfaced from the storage box moments later with two glass ornaments, one blue, one orange, like he'd just discovered buried treasure. "How come we never put *these* on the tree?" he asked, reverently cradling the ornaments. Because I hate them, I thought. Because they

clash with red and gold. "And this one!" He held up a giant plastic ball that he'd scribbled with markers when he was 5. As he dug out more ornaments I keep buried at the bottom of the box, I made for the bathroom, silently repeating, *It doesn't have to be perfect. It doesn't have to be perfect.*

But, of course, it did. For years, I'd gotten a perverse delight from arranging and rearranging the ornaments, constantly seeking their perfect display. I wasn't ready to let go; this was *my* holiday joy. I marched back to the living room, determined to reclaim my tree.

"I did it, Mommy!" Fletcher announced, leaning against me to survey his work. "How does it look?" He'd somehow managed to hang all the ornaments I don't like front and center. But seeing the pride radiating from his sweet, upturned face, brighter than any holiday candle, my inner perfectionist shut her mouth and smiled. My son had decorated the tree, all by himself. It wasn't "Pintastic," but it sure was beautiful. And I pinkie-promised myself I would not completely redo it the moment he went to sleep.



THE AUTHOR

NORINE DWORKIN-McDANIEL is co-author of *Science of Parenthood: Thoroughly Unscientific Explanations for Utterly Baffling Parenting Situations*, published this month by She Writes Press.

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